

..... MOVE: fight a sedentary lifestyle

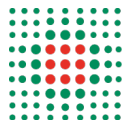
Regular physical activity

is essential to prevent and help the management of heart diseases, type 2 diabetes and cancer, as well as reduce symptoms of depression and anxiety. It improves thinking, learning and judgment skills. Besides, it contributes to a good sleep.

All physical activity is welcome and beneficial

as it can be carried out whilst working, walking, cycling (it's part of our everyday life, our leisure time). We also take care of our fitness when we dance, play or do our daily chores, including gardening and cleaning.

Pregnant and postpartum women should do **at least 150 minutes of moderate aerobic activity or gentle stretching per week.**

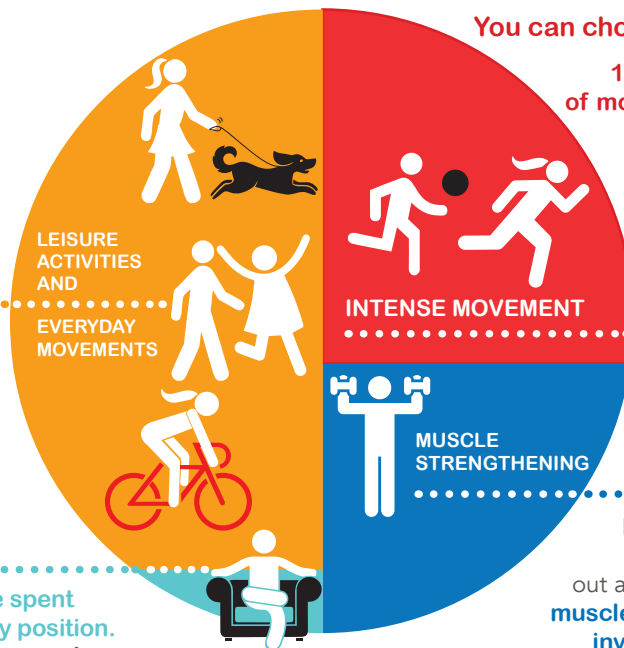


SERVIZIO SANITARIO REGIONALE
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Limit the time spent in a sedentary position. Replace sedentary time with physical activity (also light) of any intensity.

You can choose between:

150-300 minutes of moderate aerobic activity or 75-150 minutes of aerobic and intense activity during the week.

Men and women should carry out activities such as muscle strengthening involving all major muscle groups for at least 2 or more days a week.



COSTRUIAMO
SALUTE

IL PIANO DELLA PREVENZIONE 2021-2025
DELLA REGIONE EMILIA-ROMAGNA

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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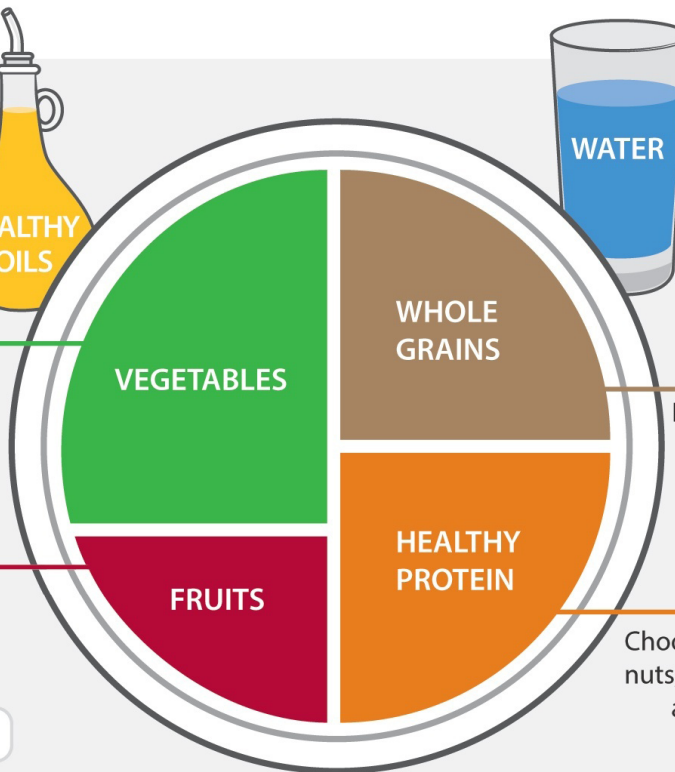


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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.