

# What is the benefit of physical activity?



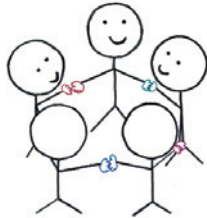
## Physical activity ...

- supports physical fitness
- strengthens the body
- supports mental activity
- supports physical wellbeing (e.g. it's good for your heart)
- supports mental wellbeing (e.g. it's good for your mood)



## Physical activity ...

- helps meeting people
- helps making new friends



## Physical activity in groups ...

- is fun
- helps in learning German
- strengthens the community
- can help in solving problems



## Physical activity ...

- helps in overcoming a bad mood
- prevents boredom
- motivates to go outdoors
- helps in structuring your day



## Physical activity outside ...

- is important for your body
- Fresh air is healthy
- Sun is healthy and supports your wellbeing
- in Germany, best go out when the sun is shining!

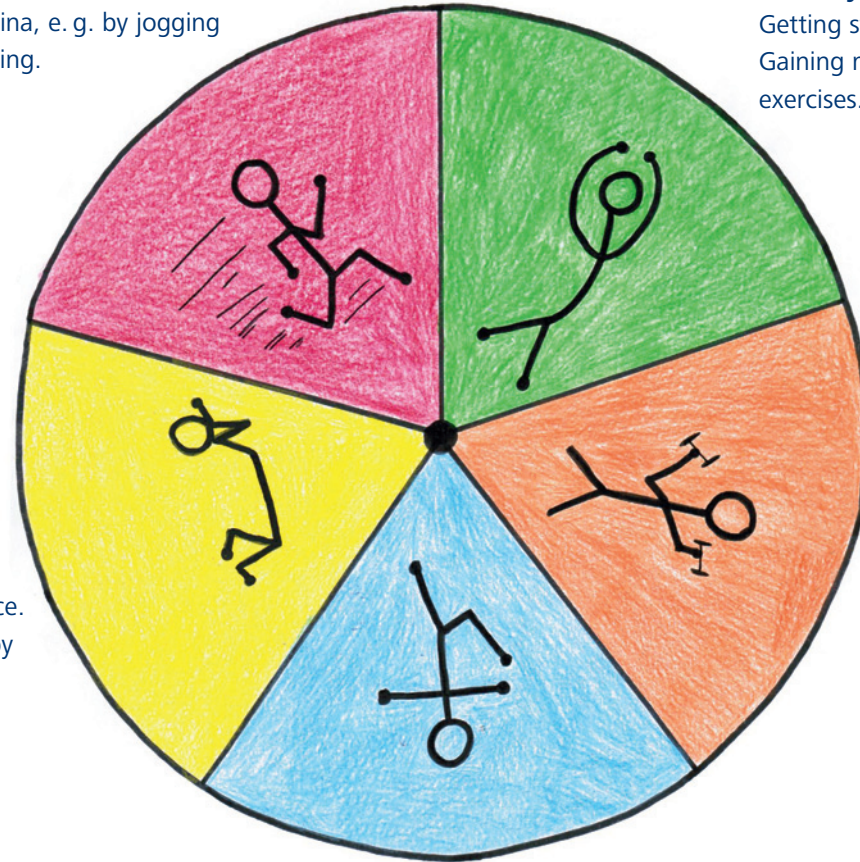
# Dimensions of physical activity

## Stamina/Endurance

Gaining stamina, e.g. by jogging or rope skipping.

## Mobility

Getting stretchy and flexible. Gaining mobility by stretching exercises.



## Relaxation

Enhances mental balance. Can be improved e.g. by meditation.

## Strength

Gaining strength e.g. by weight lifting.

## Coordination

Enhances balance and agility. Can be improved e.g. by balancing.



Forward lunge – breathing out, bend your back leg and lift it to chest – breathing in, go back to starting position.



Start in standing position – go backwards into squatting position and lift arms upwards – toes have to be visible from above all the time – breathing in, go back to starting position.



In starting position, keep arms slightly bent – breathing out, lower body slowly – breathing in, go back to starting position.



Starting in push-up position, shift weight on one arm – breathing in, lift opposite arm and leg – breathing out, go back to starting position – variation: keep both legs on the floor.



From standing position, shift weight to one leg – lift other leg backwards unbent – at the same time lower upper body to keep it in a straight line with lifted leg – keep position for 10 breaths.

## Mobility

Keep every position for 15 breaths.



Stand upright with legs crossed (right leg forward) – lift right arm upwards and bend upper body to left side – feel stretch in right side – change side.



Forward lunge – bend forward leg – press heel to the floor – feel stretch in calves and groins of backward leg.



Stand upright – breathing in, lift arms upwards – breathing out, bend down from the waist – keep back straight – legs may be bent – feel stretch in the back and back side of the legs.

## Relaxation



Sit down comfortably – breath in and out deeply – breathing out, try to prolong breaths, so that finally you can count to 4 when breathing in and to 8 when breathing out – helps to compose oneself and slows down heartbeat.

**Stay fit to stay healthy!**