

Physical activity in Germany

Opportunities for physical activity in a group

- ask the management of your housing facility for any programs (for example in sports clubs or volunteer programs)
- ask your friends, in which way they are physically active
- meet up with friends to be physically active together (for example dancing or taking a walk)
- speak to people while they are physically active (for example when you see people playing football)

Opportunities for physical activity alone

- Taking a walk
- Jogging
- Skipping rope
- Strength exercises
- Balancing and relaxation exercises
- Go swimming

Recommendations

- carry out physical activity regularly
- at least once per week:
 - training of stamina, strength, flexibility, coordination and relaxation abilities
 - 150 minutes medium intensity (e.g. fast walking) or 75 minutes high intensity (e.g. jogging)
- exercise preferably in fresh air, go out every day

REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences.

The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about

- Health care in Germany
- Mental health in Germany
- Hygiene in Germany
- Oral health in Germany
- Physical activity in Germany
- Nutrition in Germany

We Care for You and We Care for Your Health!



REFUGEES WELCOME



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REFUGIUM Flucht und Gesundheit

Physical activity Bewegung

HAW Hamburg
Fakultät Life Sciences
Department Gesundheitswissenschaften
Prof. Dr. Christine Färber
Ulmenliet 20 · 21033 Hamburg

Autorinnen und Autoren: Maria Kowalzik, Elena Pohl, Sabine Damerow, Jordan Hornung, Lukas Könnike, Jana Kristin Roczen, Kim Nikola Wendt

Zeichnungen: Natalia Yaremenko, Maria Kowalzik

Dieses Faltblatt ist erhältlich in 8 Sprachen:

Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.

Exercises: Stay fit to stay healthy!

Stamina/Endurance



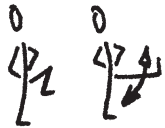
Even slow jogging strengthens the cardiovascular system. With optimum speed you can still talk easily.



Rope skipping is at least as effective as slow jogging and you don't need a long track. Plus, you can do it with children.

Strength

Every exercise 10 times. For every exercise: Keep pelvis parallel – stomach muscles tight.



Stand upright – bend one leg – breathing out, straighten leg.

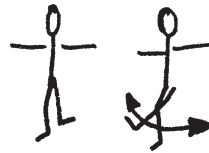


Forward lunge – bend legs – breathing out, move further down – breathing in, go back to starting position.



Sit down on a bench – set feet a little way in front – disengage from chair – weight is resting on the arms – breathing out, lower buttocks downwards – breathing in, back upwards.

Coordination



From standing position – shift weight to one leg – breathing out, lift other leg sideward – breathing in, move leg to opposite side.



From standing position, shift weight to one leg – lift and bend other leg and rest foot on opposite calve – keep position for 10 breaths.



Sit down with straight legs – keep back very straight – breathing out, bend down forward from the waist – legs may be bent, if back cannot be kept straight.



Small forward lunge – pull forward foot upwards and backwards – shift weight to backward leg – stretch forward leg and pull toes towards you – feel stretch in backside of forward leg.



From standing position, shift weight on one leg – bend other leg – grab ankle with hand – feel stretch on front side of thigh.