

INTERNATIONAL COFFEE ORGANIZATION POSITIVELY COFFEE PROGRAMME

GETTING INTO STRIDE WITH COFFEE

(Guidance on starting and maintaining an exercise programme)

Whether you are playing the occasional game of football with the children, about to participate in your first “fun run”, or using exercise to help fight the battle of the bulge, the way in which you become physically active and derive benefit from it depends on a number of simple points.

1. Be patient. Don't try too much too soon and give yourself a chance to enjoy the benefits of being fitter before thinking about giving it up.
2. If you have been inactive for several years, check with your doctor as to the type of exercise that would best suit you.
3. Fitness is influenced by many factors including age, sex, heredity, exercise and eating patterns. It is only the last two you can do anything about!
4. Whilst physical fitness primarily involves the heart, lungs and muscles, there is inevitably an effect on our minds and fitness may also have benefits for mental alertness.
5. If you are planning your exercise schedule, aim for a time when you are least likely to be interrupted by work, family or other responsibilities.
6. The accumulated effect exercise throughout the day is what matters and all types of activity help – from walking up the stairs, rather than using the escalator, to taking a brisk walk during a lunch break. Research suggests that thirty minutes of moderate physical activity a day could reduce the risk of many chronic diseases.



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7. Different types of exercise burn varying amounts of energy (as measured in Calories)

Activity	Approx. Calories used (per 30 minutes) by person weighing 72 - 82 Kg (160 -180 pounds)
Aerobic Dancing	500 – 530
Cycling (outdoors)	615 – 660
Swimming	460 - 490
Gardening	300 – 330
Golf	345 – 370
Climbing stairs	690 – 740
Walking (at rate of 3.5 miles per hour)	290 – 320

These are average figures only - those with a lighter body weight will use fewer Calories and those with heavier body weight will use more.

8. The rules of healthy eating apply, however active you become. This means eating a variety of foods each day – cereals, fruit, green and legume vegetables, lean meat and dairy products. The best way to ensure plenty of energy for exercise is to eat a nutritious balanced diet that is high in carbohydrate and modest in fat content and selected from a wide variety of foods
9. Fluids are also an important part of healthy eating and dehydration can limit all of us, particularly when undertaking exercise. Water is the most important fluid for active people but others drinks, such as coffee have additional benefits. Coffee can reduce the sensation of effort during exercise so we feel less tired when we stop. It also works for those undertaking exercise of a more prolonged nature, such as long distance running or cycling, when it has been shown to improve performance



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10. As with everything else you do – dress for the occasion. Choose loose fitting exercise clothes that are comfortable and allow freedom of movement and don't forget, whatever the weather, it's a good idea to wear something on your head when exercising outdoors

When exercise and fitness become as much part of your life as cleaning your teeth, then the time and effort to get started the right way will have been worthwhile.

