

IT'S YOUR MOVE

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the opposite of sickness is — not — health

health requires pro-active pursuit
eat, sleep + move more

exercise is a miracle drug



HOW MUCH?

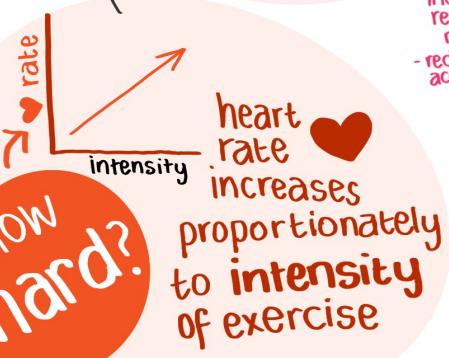


150 min moderate or 75 min vigorous



per week

plus muscle strengthening on 2+ days



1 in 6

South Africans suffer from depression or anxiety-related mental illness

↓ exercise releases "happy hormones"

depression

exercise
✓ treat
✓ manage depression



the why is the most important...

What type?

any exercise you will do!

appropriate intensity ↓ strength training

find your why

resting heart rate

fit heart 55 beats per min

unfit heart 85 beats



Unfit hearts use more energy

fit heart saves 600 mil beats over 40 years

exercise can delay arterial stiffness

Can you touch your toes? Can assess flexibility of your arteries

exercise
✓ slows down resting heart rate
✓ improves heart efficiency



diabetes

unable to produce enough insulin

exercise
✓ treat
✓ prevent diabetes

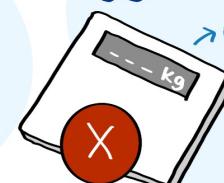


any exercise will do...



weight Control

ditch your scale
dangerous!
belly fat



11 credit cards long for men
9.5 credit cards long women