

REVISED EXERCISE RECOMMENDATIONS

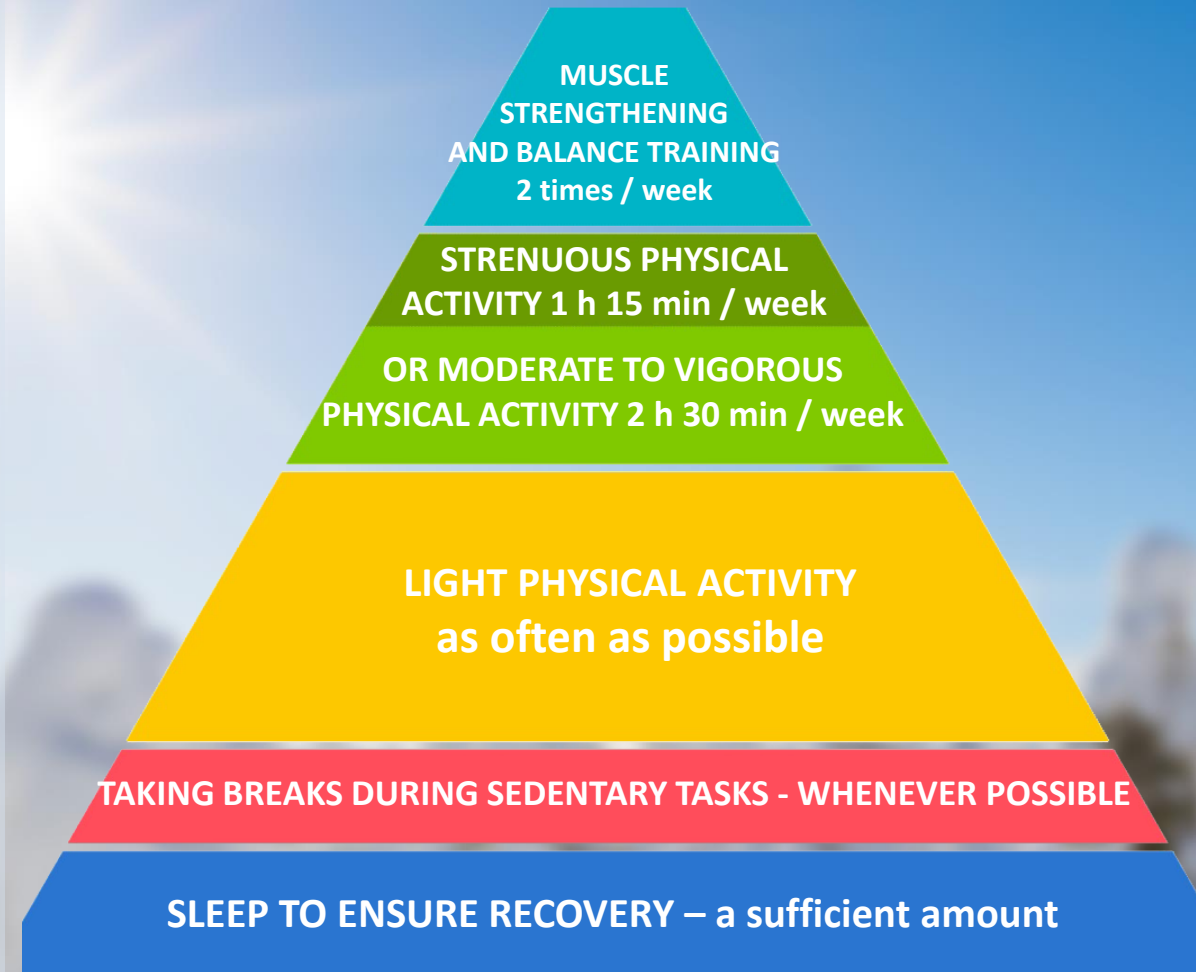
The recommendations for physical activity have been revised. All physical activity is good, says Tommi Vasankari, the Director of the UKK Institute.

- The previous recommendation of exercising for at least ten minutes at a time has been withdrawn. Even shorter periods of physical activity are beneficial.
- The importance of sleep is now recognized in the recommendations. We know that physical activity improves sleep – and vice versa.
- Break should be taken during sedentary tasks each day and as often as possible.
- Vigorous physical activity is still recommended in the forms of both endurance and muscle-strengthening training.

BREAK PRO works according to the new exercise recommendations to help you take breaks during sedentary work.

Have an active workday!

BREAK PRO®



Weekly physical activity recommendations for adults (aged 18–64). Source: UKK Institute