

Studies have shown that staying active, having better fitness (lower heart rate) and good sleeping habits lead to a healthier, energised and happier you! It's time to break the sitting momentum and lethargy. Here's how the different areas affect your life!

## Daily step count

Do you know that sitting for long hours has these detrimental effects to our health?

- Elevated blood fats leading to cardiovascular risk
- Reduced insulin sensitivity – higher blood sugar levels (diabetes!)
- Increased weight gain

One research actually showed that exercise does not cancel out the ill effects of too much sitting in the day. Highest risk of death happens to people who spend most of their waking time sitting.

We recommend you to hit 8000 step by...

1. Exploring a variety of exercise activities to make working out fun
2. Squeeze 10-minute bouts of workout/ movement throughout your day



## Hours of sleep

Many perceive sleep as a luxury but it is one that that impacts your health and affects your productivity.

Detrimental effects from the lack of sleep includes:

- Obesity
- Reduced immunity
- Mental capacity (e.g. attention and memory)

We recommend you to improve your quality of sleep by...

1. Setting a sleep timer to prompt you to prepare for bed to catch at least 7-9 hours of sleep
2. Take a nap during your lunch break (limit it at 30 minutes)
3. Do not use your phone before bedtime



## Resting heart rate

Your resting heart rate (RHR) can reflect your current health condition and also predict future health problems. A normal heart rate of a healthy adult ranges between 60 and 100 beats per minute.

A lower RHR can indicate good physical fitness level which may lead to a reduction of heart problems and diseases.



Try to take your heart rate measurements in the morning before any consumption of food and drinks that could affect your heart rate. You can do so by placing your index and middle finger at your wrist (just below your thumb) or at the side of your neck. Use a timer and calculate your pulse for 30-seconds and multiply it by 2.

Benefits of lowered heart rate/ better fitness includes:

- Weight management
- Reduced risk of heart diseases
- Improved mental health and mood

We recommend to keep your heart rate at 64 bpm & below by..

1. Aim for 150 minutes of moderate or 75 minutes of vigorous activity per week
2. Reduce stress levels by meditating or practicing yoga



Working on your FitAge not only helps you to feel healthier and stronger, a younger FitAge also earns you STARS on the GETGREAT app! Convert these earned STARS to redeem retail, dining or lifestyle vouchers on the UPGREAT app.

