

Get physical.

Accumulate 45-60 minutes of physical exercise everyday. Choose activities that are suited to your health status and level of fitness.

Moderate physical activity

- Brisk walking for 30 minutes.
- Gardening or doing yard work for 30-45 minutes.
- Dancing (fast) for 30 minutes.
- If wheelchair bound, wheel yourself hard and fast for 30-45 minutes.

Moderate exercise programme

- Jogging for about 30 minutes.
- Playing basketball or football for 30 minutes.
- Water aerobics or swimming for 30-45 minutes.
- Aerobic exercise for 30-45 minutes.

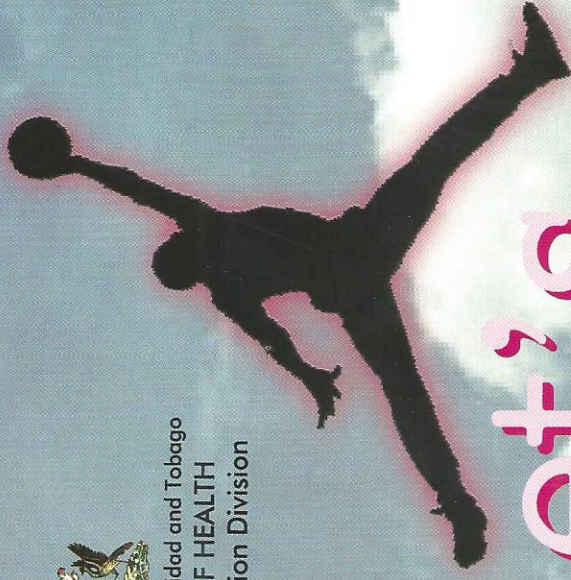
Vigorous exercise

- Jumping rope for 20 minutes.
- Playing a game of basketball, football, hockey, and netball for 60 minutes.
- If wheelchair bound, playing wheelchair basketball for 30 minutes.
- Running 3 miles in 20 minutes.
- Aerobics and weight training for 60 minutes.

Get Active...Live Well



Government of Trinidad and Tobago
MINISTRY OF HEALTH
Health Education Division



Let's Get physical

Physical Activity for Everyone



Get Active...Live Well