

## What counts as physical activity?

Physical activity includes all types of body movements, which require energy, and increases the flow of blood to working muscles. It includes regular work, recreational activities, sports and structured exercise.

## Why get active?

An active lifestyle gives you many health benefits. Regular physical activity:

- Burns up calories and gives you more energy.
- Improves mood and sense of well being.
- Controls your weight.
- Improves the health of muscles, bones and joints.
- Reduces risk of chronic diseases like Diabetes, High Blood Pressure and Heart Disease.

## Who can be physically active?

Anyone. Persons of all ages can find physical activity to suit their age, interests, health needs and fitness goals.

## Remember!!!

Always consult your doctor before beginning any physical activity or exercise programme.

## Tips for getting active

Choose activities that you enjoy and can fit into your daily routine.

## Get active gradually.

Start slow and build. Gradually increase the length and intensity of your exercise programme.

## Make activity a part of your daily life in little ways:

- Take the stairs instead of the elevator or escalator.
- Take a 10-minute power walk at lunch.
- Walk, not drive, to the corner to get the papers.
- Work up a sweat washing the car.

## Exercise safely.

Warm up for 5-10 minutes before exercise. Begin with a slow walk or jog, or stretch the muscles. Cool down after exercising by continuing to move at a slower pace.



**Have fun.** You are more likely to stick with an exercise programme if you enjoy it.

