

AN EASY GUIDE TO ANY PHYSICAL ACTIVITY

BE ACTIVE, GET FIT AND STAY HEALTHY

1. For the beginners the amount of cumulative activity time is more important than the specific type and manner of activity.
2. Everyday physical activity counts. Weaving - in more activities into your daily routines make you metabolically efficient. Day to day activities are cheap, convenient, easy-to- do and should be done habitually.
3. To improve your cardiovascular endurance, you can choose to do aerobic exercises 3-5 times a week at least 30-45 minutes or longer a day. Doing it regularly also helps you lose and / or prevent weight gain.
4. Recreational activities are not only enjoyable but also healthy. If done regularly it can help you improve your physical fitness level.
5. Strength and flexibility activities are important for muscle toning. It also helps you burn some excess fat if you do it often together with other activities.
6. Leisure activities are enjoyable too. It makes you burn some calories but is not advised as a principal or main activity if your goal is weight reduction or improvement of cardiovascular endurance.
7. To make leisure activities or strength and flexibility activities effective for health, they have to be done often: at least 2-3 times a week 30-45 mins. or longer.
8. Activities that will burn the least calories should be avoided.
9. You will feel better, look younger, maintain healthy weight & live longer with regular physical activities.
10. No one is too old to enjoy the benefits of regular physical activities.
11. Select any level in the Activity Pyramid that best fits your lifestyle and health needs. Just 30 minutes of the different activities over the course of the day is healthy.
12. For health: We need to burn 700 kcal - 1,000 kcal per week.
e.g. For a 60 kg. Female - walking briskly for 30 minutes will burn 180 kcal x 5 days = 900 kcal per week
13. To lose 0.5 lb a week, burn at least 2,000 kcal - 3,000 kcal per week. (Assuming the person has the same caloric intake)
e.g. For a 75 kg. Male - walking briskly for 45 minutes will burn 338 kcal x 6 days = 2,028 kcal per week
14. Talk to your Doctor if you have any health concerns before starting any physical activity.

