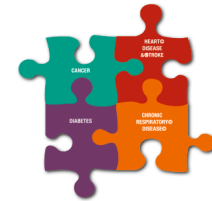


# Physical Activity



**Developed by**

WHO Collaborating Centre for Capacity Building and Research in Community-based Noncommunicable Disease Prevention and Control

Centre for Community Medicine, All India Institute of Medical Sciences (AIIMS), New Delhi, India

# What are the benefits of physical activity ?

- Controls your weight
- Lowers blood pressure
- Reduces blood sugar
- Reduces blood cholesterol levels
- Prevents heart attack, stroke
- Relieves stress



FOR PATIENTS

# What are the benefits of physical activity ?

- Controls weight
- Reduces risk factors such as high blood pressure, high blood sugar levels and high blood cholesterol levels
- Prevents complications such as atherosclerosis, angina, myocardial infarction and stroke
- Improves quality of life
- Relieves stress

## What are the benefits of physical activity ?

- Controls your weight
- Lowers blood pressure
- Reduces blood sugar
- Reduces blood cholesterol levels
- Prevents heart attack, stroke
- Relieves stress



FOR PATIENTS

Source -

Anish, Eric J., Chris A. Klenck. American College of Sports Medicine's Primary Care Sports Medicine 2nd Edition. 2007.

FOR HEALTH CARE PROVIDER

# Physical activities could be in different forms..



Work related



Recreational

FOR PATIENTS

# Types of physical activities

Physical activities could be in different forms

- Work related activities e.g washing, digging, cycling , household chores
- Recreational activities e.g football, swimming, aerobics, weightlifting etc.

These activities should be done for **at least 10 minutes at a stretch** to produce cardiovascular benefits.  
**Both the intensity and duration of work should be considered.**

Depending on the intensity and duration, physical activity can be classified as moderate intensity and vigorous intensity.

Physical activities could be in different forms..



Work related

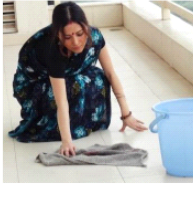







Recreational

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# What are moderate intensity physical activities

I can talk while I do them, but I cannot sing.  
I breathe harder than usual.

Mopping 	Sweeping 	Washing 	Gardening 
Washing clothes by hand 	Milking cow by hand 	Weaving 	Drawing water 
Pottery 	Painting 	Cooking 	Walking 

**Work related activities**

Cycling



Cricket



Brisk walk



Exercise



Dancing /aerobics



Treadmill



**Recreational activities**

# Moderate intensity physical exercise

- Moderate intensity work makes you breathe somewhat harder than normal
- Both the type and duration of work should be considered for classifying any activity into moderate intensity.
- This activity should be done for at least 10 minutes at a stretch



**What are moderate intensity physical activities**

I can talk while I do them, but I cannot sing.  
*(Moderate intensity, done often)*

The grid shows various activities categorized into 'Work related activities' and 'Recreational activities'. Work related activities include: Pushing cart for food, Working on the floor, Working, Working with a bicycle, Cleaning, and Walk with. Recreational activities include: Exercise, Evening/weekend, and Football.

Work related activities

Recreational activities

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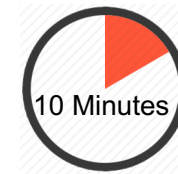


# What are vigorous intensity physical activities?

I can only say a few words without stopping to catch my breath.

Forestry (cutting, chopping, carrying wood) 	Ploughing 	Grinding (with pestle) 	Labouring (shovelling sand) 
Loading 	Digging 	Rickshaw driving 	Carrying water 

Work related



Recreational activities

FOR PATIENTS

# Vigorous intensity physical exercise

- Makes you breathe much harder than normal
- This activity should be done for at least 10 minutes at a stretch
- The following examples are only indicative of the type of work.
- Both the intensity and duration of work should be considered for classifying into vigorous intensity e.g grinding, if done for 10 minutes or more will be counted as vigorous activity, or else it will be moderate intensity.



## What are Vigorous intensity physical activities?

I can only say a few words without stopping to catch my breath.



Work related



Recreational activities

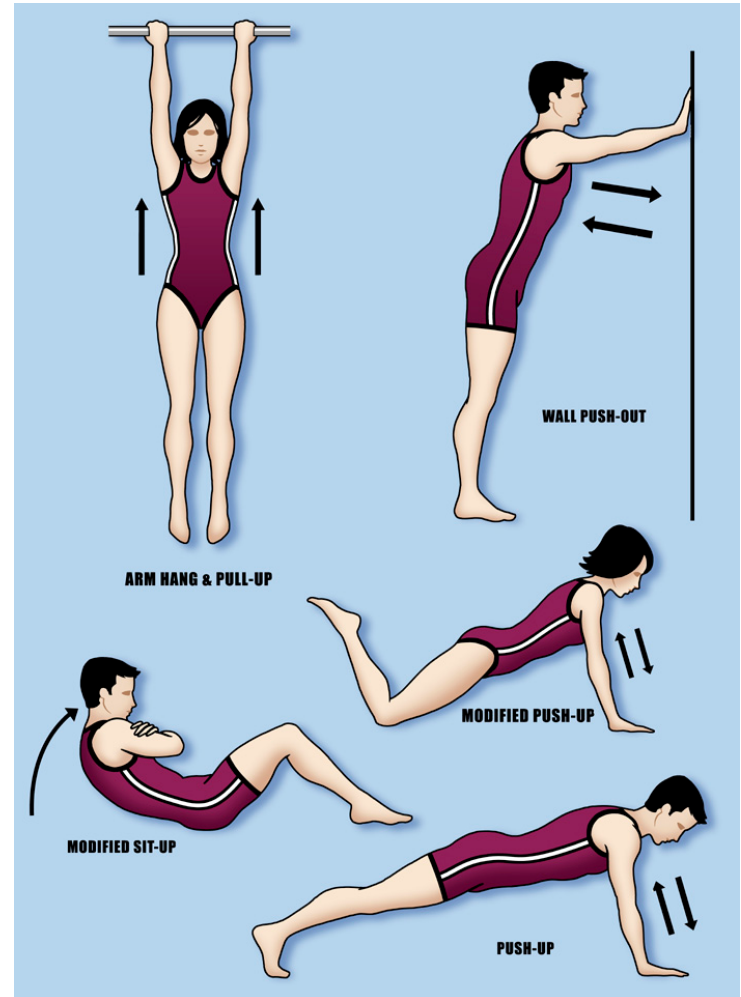
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# Muscle strengthening exercises

Types of muscle strengthening exercises are :

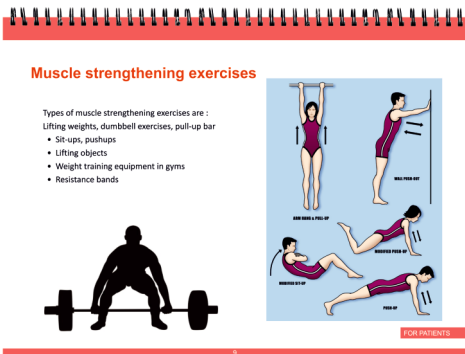
- Lifting weights
- Dumbbell exercises
- Pull-up bar
- Sit-ups, pushups
- Lifting objects
- Weight training equipment in gyms
- Resistance bands



FOR PATIENTS

# Muscle strengthening exercises

- Muscle-strengthening activities should be done two to four days a week.
- If these exercises are done every day, there is a higher risk of injury, and insufficient recovery time for minor muscle injuries sustained in the course of weight-bearing exercise.
- Do some type of muscle-strengthening exercise at least two days/week, using 8–10 major muscles.
- Repeat each move 8–12 times per set, repeat sets once or twice.
- Free weights such as dumbbells, weights, resistance bands, or medicine balls and weight-training equipment can be used.



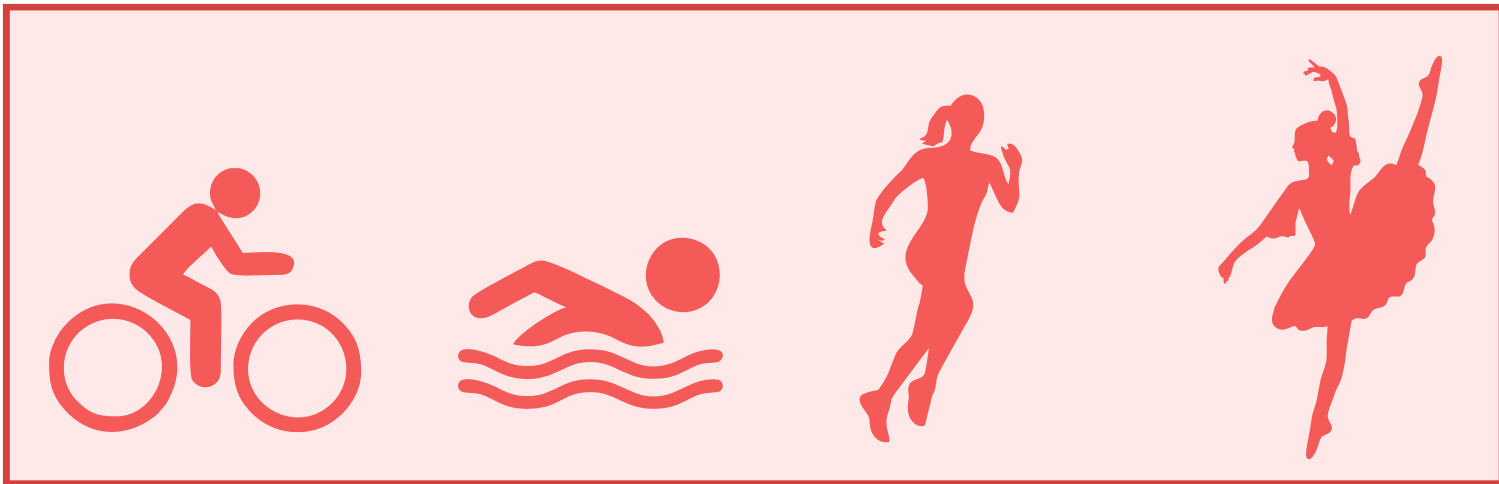
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## How much physical activity should you do?

- **At least 150 minutes/week**  
Or,
- **At least 30 minutes/day, five days/week**
- Do not rest for more than two consecutive days



30 minutes per day  
five days per week



FOR PATIENTS



# How much physical activity should you do?

The minimum duration of physical activity that is recommended is

- **At least 150 minutes/week** OR
- At least 30 minutes/day, five days/week
- Do not rest for more than two consecutive days

How much physical activity should you do?

–At least 150 minutes/week  
Or,  
–At least 30 minutes/day, five days/week  
–Do not rest for more than two consecutive days



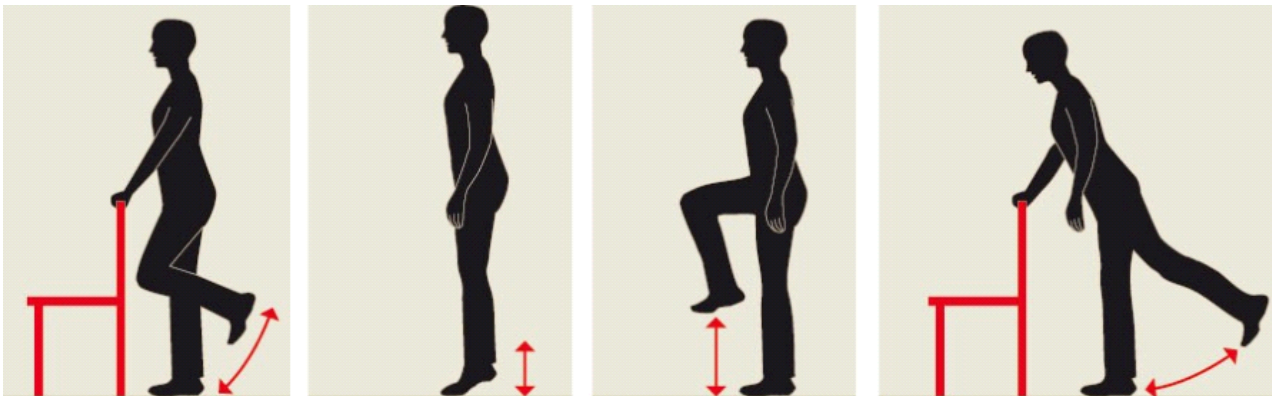
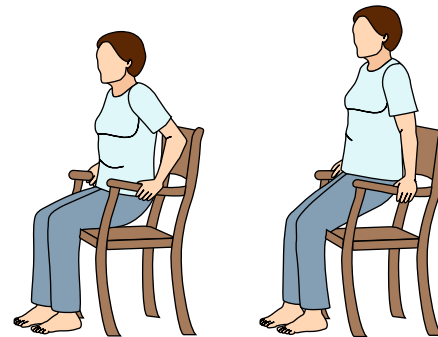
FOR PARENTS

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# Physical activity for elderly persons

## Exercises to improve your balance

- Move slowly.
- Hold each position for one second.
- Repeat 8 to 15 times.
- Hold onto a chair with one hand for balance.
- Try no hands if steady, then with eyes closed.



FOR PATIENTS

# Physical activity for elderly persons

Follow the same guideline as for healthy adults and, if needed, adjust as abilities and conditions allow

In case of poor mobility, you should do exercises to enhance your balance and prevent falls three or more days per week.

## Balance enhancement

Standing on one foot, standing on heels, standing with eyes closed, or standing on a sloped surface

## Fall prevention

Lower extremity and flexibility exercises



**Physical activity for elderly persons**

**Exercises to improve your balance**

- Move slowly.
- Hold each position for one second.
- Repeat 8 to 15 times.
- Hold onto a chair with one hand for balance.
- Try no hands if steady, then with eyes closed.



FOR PATIENTS

Source -  
World Health Organization. Global recommendations on physical activity for health. 2010.

FOR HEALTH CARE PROVIDER





**World Health  
Organization**

**Regional Office for South-East Asia**