Physical Activity
Developed by

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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
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

Source -
Physical activities could be in different forms.

Work related

Recreational
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.
What are moderate intensity physical activities

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

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<th>Work related activities</th>
<th>Recreational activities</th>
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<td>Washing</td>
<td>Brisk walk</td>
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<td>Washing clothes by hand</td>
<td>Exercise</td>
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<td>Milking cow by hand</td>
<td>Dancing /aerobics</td>
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<td>Weaving</td>
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<td>Cooking</td>
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<td>Walking</td>
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FOR PATIENTS
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 vigorous intensity physical activities?
I can only say a few words without stopping to catch my breath.

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<tr>
<th>Forestry (cutting, chopping, carrying wood)</th>
<th>Ploughing</th>
<th>Grinding (with pestle)</th>
<th>Labouring (shovelling sand)</th>
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<table>
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<tr>
<th>Loading</th>
<th>Digging</th>
<th>Rickshaw driving</th>
<th>Carrying water</th>
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**Work related**

**Recreational activities**
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.
**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
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.
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
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
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.
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

Source -