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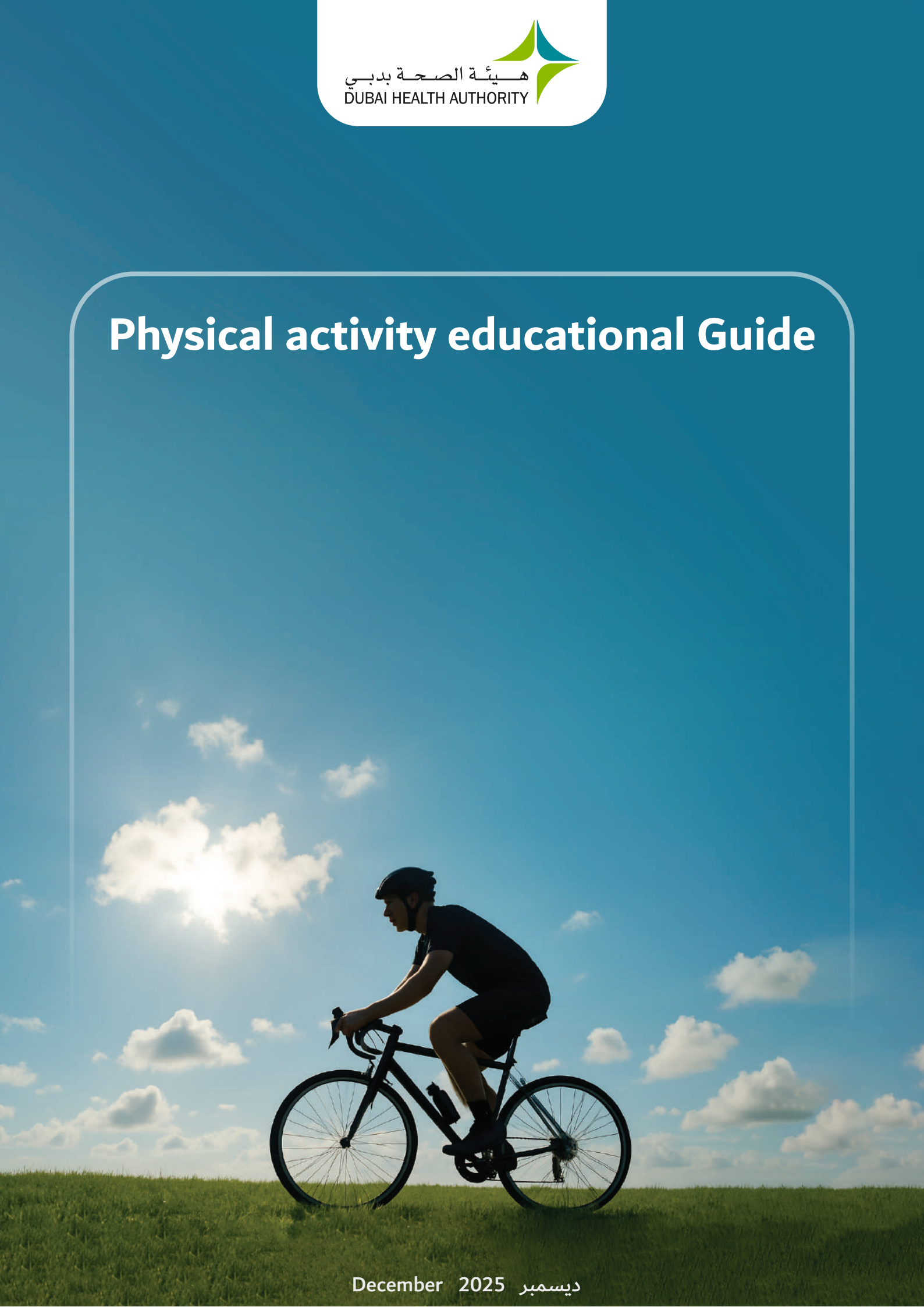
DUBAI HEALTH AUTHORITY

Physical activity educational Guide



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Introduction

Physical activity is essential for everyone. It improves health, reduces healthcare costs, boosts productivity, strengthens communities, enhances learning, and supports a healthier environment sustainability. By prioritising regular physical activity, nations can create healthier, happier, and more prosperous societies.

No matter your age, gender, or fitness level, being active benefits everyone. Even those with chronic conditions, disabilities, or pregnant women can see positive effects. Regular exercise helps prevent and manage serious illnesses like heart disease, stroke, diabetes, and some cancers. However, rising inactivity worldwide affects our health, the economy, and the overall quality of life. Staying active is key to a better future for all.

Global Data/Definitions

Global Data:

1. Approximately 1.8 billion adults are physically inactive.
2. Around 81% of adolescents (aged 11–17) are physically inactive.
3. This decline is due to several factors, such as more sitting during leisure time, work, or at home, increased screen use for work, education, and entertainment, and greater reliance on "passive" forms of transport.

Definitions:

Sedentary Behaviour: Any waking behaviour that involves low energy expenditure while sitting, reclining, or lying down during leisure time (such as watching TV or any other screen-based activity) or work (e.g., office work).

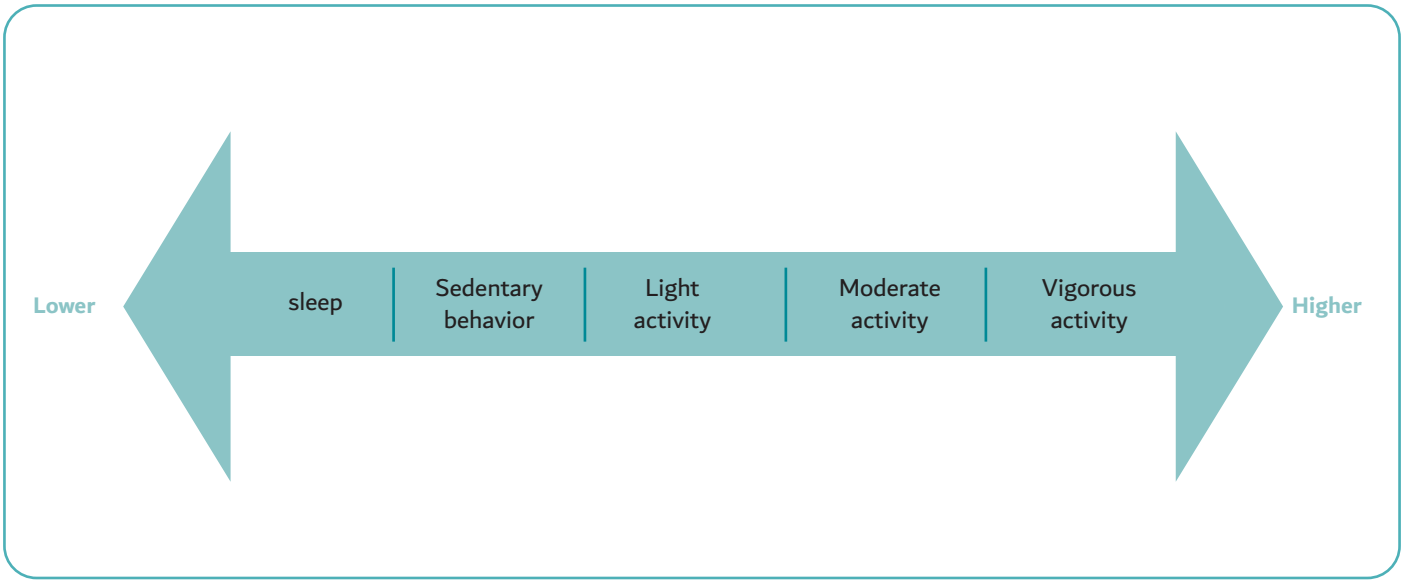
Physical Inactivity: Refers to not meeting the recommended levels of physical activity.

Physical Activity: Any bodily movement that requires increased energy expenditure above the resting metabolic rate and engages skeletal muscles. It includes various activities in daily life, such as walking, cleaning, work, recreation, and all forms of exercise. Physical activity is characterised by its type, intensity, duration, frequency, and the context in which it is performed.

Exercise: A subcategory of physical activity that is planned, structured, repetitive, and typically undertaken to improve or maintain physical fitness, performance or health.

Benefits of Physical Activity

Physical activity ranges across broad categories, from sedentary behaviour to light, moderate, and vigorous activity.



A. Immediate Benefits of a Single Session of Moderate-to-Vigorous Physical Activity:

- Lowers blood pressure.
- Improves sleep quality.
- Reduces anxiety symptoms.

Benefits of Physical Activity

B. Consistent and regular physical activity health benefits:

Long-Term Health Benefits of Regular Physical Activity

Children

- Improves academic performance (cognitive abilities, memory, attention).
- Reduces the risk of anxiety and depression.
- Boosts self-esteem, confidence, and overall happiness.
- Enhances the efficiency of the heart and lungs.
- Builds strong muscles and increases flexibility.
- Helps maintain a healthy body weight and reduces body fat.
- Strengthens bones.
- Lowers the risk of heart disease, type 2 diabetes, and obesity.
- Develop independence and social skills, such as sharing, communicating, problem-solving, and decision-making.

Adults

- Reduces the risk of developing dementia and depression.
- Lowers the risk of heart diseases, strokes, and type 2 diabetes.
- Increases the efficiency of the heart and lungs.
- Reduces the risk of developing cancers (breast, bladder, colon, endometrium, oesophagus, kidney, lung, and stomach).
- Improves muscle and joint fitness.
- Helps maintain a healthy weight and reduces body fat.
- Boosts cognitive abilities.
- Helps maintain balance and coordination, reducing the risk of falls.
- Improves bone health.

Senior Adults

- Reduces risks of developing dementia and depression.
- Lowers risk of heart disease, stroke, and type 2 diabetes.
- lowers risk of cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach).
- Reduces risk of weight gain.
- Improves Balance and reduces risks of falls.
- Improves bone density, reducing the risk of fractures.
- Supports independent living for longer.
- Boosts cognitive abilities.

Physical Activity and Nutrition

Physical activity and nutrition work together to support overall health. Regular exercise improves how the body absorbs and uses nutrients, making a balance between both key for fitness and well-being.

Fueling Performance: Carbs, proteins, and fats provide the energy needed for various intensity exercises.

Timing Matters: Pre- and post-workout nutrition strategies boost performance and recovery.

Nutrient Absorption and Metabolism: Exercise improves how the body processes and uses nutrients, increasing the efficiency of nutrient utilisation.

Muscle Building and Repair: Proteins are essential for building and repairing muscles, including micro-tears from exercise.

Hydration as a Cornerstone: Hydration role in nutrition, exercise, and its impact on performance, recovery, and health is crucial.

Weight Management: Balancing food intake and exercise helps maintain a healthy weight.

Longevity: Regular exercise and good nutrition are linked to longer life and reduced risk of chronic diseases.

Physical Activity and Mental Health

The link between physical activity and mental health is both important and multifaceted:

1. **Mood Enhancement:** Exercise boosts endorphins, helping to reduce symptoms of depression, anxiety and promots happiness.
2. **Stress Reduction:** Physical activity lowers cortisol (the stress hormone) and promotes relaxation.
3. **Improved Sleep:** Regular activity enhances sleep quality, benefiting mental health and cognitive function.
4. **Boosted Self-Esteem:** Physical activity improves body image, self-esteem, and confidence.
5. **Social Interaction:** Group activities increase social connections, reducing loneliness and isolation.
6. **Distraction and Coping:** Exercise offers a healthy distraction from negative thoughts and helps manage stress.
7. **Prevention and Management:** Regular exercise reduces the risk of developing mental health disorders like depression and anxiety and helps manage symptoms.
8. **Brain Chemicals:** Physical activity increases dopamine and serotonin, contributing to overall mental well-being.
9. **Long-Term Benefits:** A physically active lifestyle helps prevent cognitive decline and age-related mental health issues.

Types of Physical Activities

Components of Physical Activity:

Sets and Repetitions (for muscle-strengthening activity)

Exercise Intensity

Frequency

Duration

Types of physical activities:

1. Aerobic Exercise

an activity in which the large muscles in the body, such as the muscles of the arms and legs, move.

Effect

- Speeds up your heart and breathing rate.
- Lowers blood pressure, blood sugar, and inflammation.
- Boosts mood.
- Burns body fat and reduces "bad" LDL cholesterol levels.
- Reduces the risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls.
- Increases endurance.

Example:

Intensity Levels:

- Light Intensity
- Moderate Intensity
- High Intensity

Types of physical activities

2. Muscle Strengthening activity

An activity that requires the body's muscles to work or hold against an applied force or weight.

Effect

- Improves muscle strength, power, and endurance.
- Helps build muscle mass that naturally decreases with age.
- Stimulates bone growth.
- Lowers blood sugar and aids in weight control.
- Improves balance and posture.
- Reduces pain in the lower back and joints.
- Assists with tasks like standing up from a chair, getting up off the floor, and climbing stairs.
- Supports daily activities such as carrying groceries, gardening, and lifting heavy objects.

Bodyweight exercises include:

- Squats
- Push-ups
- Exercises using resistance from weights, bands, or weight machines.

3. Bone Strengthening Activity

An activity that that produces a force on the bones.

Effect

- promotes bone growth and strength.
- improves balance & coordination.
- Reduces risk of fractures.
- inhances mobility &quality of life.
- promotes muscles strength and flexibility.

Example:

- jumping jacks, running, brisk walking, and weight-lifting exercises.
- Some activities are included in more than one type of activities such as swimming and cycling.

Types of Physical Activities

4. Flexibility

An activity that causes the body's muscles to be lengthened but in a controlled manner.

Effect

- Helps restore muscles from age-related loss of flexibility, which can lead to cramps, strains, and joint pain.
- Lengthens muscles and maintains flexibility, allowing for a full range of joint motion.
- Reduces joint pain and lowers the risk of injury.
- Enhances the ability to perform daily tasks with ease.

Example:

- Touching your toes
- Side stretches
- Practising yoga exercises

5. Balance Exercises

An activity that develop the ability to stay in control of when stationary or moving. Improve your ability to resist forces that can make you fall.

Effect

- Improve your ability to resist forces that may cause you to fall.
- Our body's balance-maintaining system (vision, inner ear, leg muscles, and joints) deteriorates as we age.
- Start working on your balance early in life.
- Only attempt home balance exercises with proper training.

Example:

- Standing on one foot, walking heel-to-toe for a short distance, or walking backwards.
- Strengthening leg muscles with exercises such as squats and leg lifts.
- Practising Tai Chi.

Some activities are included in more than one type of activities such as swimming and cycling

Types of Physical Activities

1. Intensity of physical activity

There are three levels of intensity of (aerobic) physical activity; light intensity, moderate intensity and vigorous intensity.

Light-intensity

Can talk in full sentences

(any light physical activity that helps replace sedentary time such as walking and household tasks).

Heart rate

Respiratory rate

Energy consumption

Moderate-intensity

Can talk in phrases or short sentences

(e.g. brisk walking, swimming, weight exercise, resistance training, and cycling slower than 16 km per hour).

Heart rate

Respiratory rate

Energy consumption

Vigorous-intensity

Have difficulty talking

(e.g., running, weight exercise, football, swimming laps, and cycling 16 km per hour or faster).

Heart rate

Respiratory rate

Energy consumption

Types of Physical Activities

Frequuency: The number of sessions the person engage per week (the more the greater benefits)

Duration: The duration in which the person engage in one activity session; The longer the session the greater the benefit.

Sets and Repetitions: The number of times a person does the muscle-strengthening activity, like lifting a weight or doing a push-up impacts the benefits of the activity.

Physical Activity According to the Nature of the Sport and Participants Needed

Engaging in sports and regular exercise keeps the body physically and mentally healthy. Some prefer the gym, while others enjoy competitive sports with teammates. Here are examples of different types of physical activities

Types of physical activities

Sport types according to participation needs and nature

Endurance Sport

- Long-distance Running
- Cycling
- Triathlon

Combat Sports

- Boxing
- Karate
- Wrestling
- Jiujitsu
- Taekwondo

Team Sports

- Football
- Basketball
- Volleyball
- Rugby
- Hockey

Individual Sports

- Tennis
- Golf
- Swimming

Adventure Sports

- Rock climbing
- Mountain Biking

Ice sports

- Skiing
- Snowboarding
- Ice skating

Water Sports

- Rowing
- Sailing
- Surfing

Racquet sports

- Badminton
- Table Tennis

Gymnastic and Acrobatics

- Gymnastics
- Trampoline
- Acrobatic Sports

Target Sports

- Archery
- Shooting
- Darts

Recommendations for Physical Activity in among different age groups

Recommended physical activity among children

CHILDREN 2-0 YEARS:

SEDENTARY TIME

Limit the amount of time spent being sedentary, with recreational screen time not recommended. Instead, engage in imaginative play and storytelling activities.

PHYSICAL ACTIVITY

0-1 year: Encourage interactive floor-based activities for a minimum of 30-minutes a day.

1-2 years: Spend at least 180 minutes doing a variety of physical activities of any intensity, spread throughout the day. Aim for daily outdoor play.

CHILDREN 6-3 YEARS:

SEDENTARY TIME

Limit the amount of time spent being sedentary, keeping recreational screen time to less than an hour a day.

PHYSICAL ACTIVITY

Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate- to vigorous-intensity activity, spread throughout the day.

Tips

- Create a home environment that encourages movement and exploration.
- Introduce activity-based games. E.g. Animal movements .
- Encourage a wide variety of movements like running, jumping, catching, throwing, and kicking, in different environments, to build fundamental movement skills.
- Visit playgrounds to engage the child in social play and interact with others while being active.

Recommendations for Physical Activity in among different age groups

CHILDREN AND ADOLESCENTS (7-17 YEARS)

SEDENTARY TIME

Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activities of any intensity, including those of light-intensity.

PHYSICAL ACTIVITY

- Accumulate an average of 60 minutes in moderate- to vigorous-intensity aerobic activity per day across the week.
- A variety of vigorous-intensity aerobic activities, muscle- and bone-strengthening exercises should be incorporated at least 3 days a week to promote the development of movement skills.
- Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

Tips

- Visit playgrounds to engage in social play and interact with others while being active.
- Consider joining a sports team/club/ organization to experience physical activity in a social setting, which helps school children and youths stay motivated.
- Stand up while studying or take movement breaks in between study session.
- Explore a variety of activities to help school children and youths develop active hobbies or interests.

Recommendations for Physical Activity in among different age groups

Examples of Aerobic & Muscle Strengthening Activities (adults)

Aerobic Activities

Moderate-intensity

- Games at the playground (e.g. Hide and Seek)
- Cycling
- Swimming
- Brisk walking
- Casual racquet sports (e.g., tennis & padel)

Vigorous-intensity

- Games at the playground (e.g., Tag/Catching)
- Jumping rope
- Mountain biking on sand or
- designated parks
- Football
- Running
- Competitive racquet sports (e.g., tennis & padel)

Muscle-Strengthening Activities

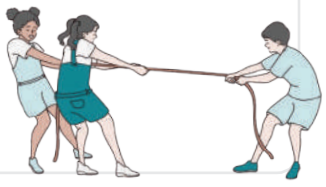
Moderate-intensity

- Games at the playground (e.g. tug of war also known as pulling rope in
- Emirati culture)
- Climbing

Resistance exercises using body weight or resistance bands.

Vigorous-intensity

- Circuit training
- Hopping, jumping, and rope-skipping



Bone Strengthening Activities

Moderate-intensity

- Games at the playground (e.g. hopscotch also known as Al Juhaif in Emirati culture).
- Casual ball games (e.g., football & basketball)
- Gymnastics
- Jumping rope

Vigorous-intensity

- Martial arts
- Hopping, jumping, and rope-skipping
- Competitive ball games (e.g., football & basketball)

Recommendations for Physical Activity in among different age groups

ADULTS AGED +18 TO 64

SEDENTARY TIME

Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activities of any intensity, including those of light-intensity.

PHYSICAL ACTIVITY

Aerobic Activity:

Adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.

Muscle-strengthening Activity:

- Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.
- Finding the suitable weight/resistance is key and a general good practice is to complete 8 to 12 repetitions per set to achieve strengthening outcomes. Repeating 2 or 3 sets may be more effective.

Tips

- Start with small changes like taking the stairs instead of the lift.
- Work out your muscle groups through different multicomponent activities.
- Being active can be enjoyable-try a new sport or explore one of the many local parks.

Special Considerations

For adults with chronic conditions, the same recommendations can be applied, however, they must consult a health care professional before conducting any type of physical activity. For pregnant and postpartum women, the same recommendations can be applied, however, they must consult a health care professional before conducting any type of physical activity.

Essential Terms to Know Before Starting Exercise

Essential Terms to Know Before Starting Exercise:

Warm-up: A brief session of light cardiovascular activity to increase blood flow and prepare muscles for more intense exercise.

Cool-down: Gentle exercises performed after the main workout to gradually lower heart rate and prevent stiffness.

Repetition (Rep): The number of times a specific exercise is performed in a set.

Set: A group of repetitions. For example, if you do 10 push-ups, that's one set of 10 reps.

Intensity: The level of difficulty or resistance in an exercise, often adjusted by weights, resistance bands, or body weight.

Form: Proper exercise technique to maximise benefits and reduce the risk of injury.

Rest Interval: The time between sets or exercises crucial for muscle recovery.

Cardiovascular Exercise: Activities that elevate heart rate and improve cardiovascular health, such as running, cycling, or swimming.

Strength Training: Exercises designed to build muscle strength often involve resistance from weights or bands.

Flexibility: The range of motion in joints; stretching exercises enhance flexibility and reduce the risk of injury.

BMI (Body Mass Index): A numerical representation of body fat based on height and weight, helping assess overall health.

Hydration: Maintaining adequate water intake is crucial for performance and recovery.

Rest Days: Scheduled days off from intense workouts, allowing muscles to recover and prevent overtraining.

Compound Exercises: Movements involving multiple muscle groups, e.g., squats, for efficient full-body workouts.

Bodyweight Exercise: Exercises using the body's weight for resistance, like push-ups or squats.

Understanding these terms can enhance your exercise experience and contribute to a safer, more effective fitness routine.

Tips to Follow Before, During, and After Exercise

Tips to Follow Before, During, and After Exercise (Proper and Effective Exercise Techniques)

To ensure proper and effective exercise techniques, the following steps are very important:

Before Exercise:

1. Dress appropriately: Wear comfortable and breathable clothing suitable for your activity and the weather conditions.
2. Warm-up: Engage in light cardiovascular activity or dynamic stretching to increase blood circulation and prepare your muscles for the workout (5–10 minutes).
3. Hydrate: Drink water before, during, and after exercise to maintain optimal performance.
4. Proper nutrition: Consume a healthy, balanced meal containing carbohydrates, protein, and fats a few hours before exercising to provide the necessary energy and nutrients.

During Exercise:

1. Maintain proper form: Focus on correct posture and technique to prevent injuries and maximise the effectiveness of your workout.
2. Stay hydrated: Take regular sips of water throughout your exercise session.
3. Listen to your body: Pay attention to any signs of discomfort or pain, adjust your intensity, or modify exercises if necessary.
4. Take breaks: If needed, give yourself short rest periods during intense workouts to prevent exhaustion or overexertion.
5. Pay attention to your breathing: Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release.
6. Progress gradually: Increase intensity or weights slowly to allow your body to adapt.

After Exercise:

1. Cool down: Engage in light aerobic activity to gradually reduce your heart rate and relax your muscles (5–10 minutes).
2. Stretch: Perform static stretching exercises to improve flexibility and reduce post-workout muscle soreness.
3. Rehydrate: Replace the fluids lost during exercise.
4. Proper nutrition: Consume a balanced meal or snack containing carbohydrates and protein within 30–60 minutes of finishing your exercise session to support muscle recovery and replenish energy stores.
5. Rest and recovery: Allow muscles to recover with adequate rest and sleep between activity days.

Guidance for Exercise in Specific Conditions

1. Hot Weather

- Exercise during the cooler parts of the day, such as early morning or evening.
- Stay hydrated by drinking water before, during, and after your workout.
- Wear loose, breathable clothing, sunscreen, and a hat to protect yourself from the sun.
- Take breaks in shaded areas, and listen to your body if you feel overheated or fatigued.
- Avoid exercising in direct sunlight.

2. Senior Adults

- Consult your healthcare provider before starting new exercises.
- Opt for low-impact activities like walking, swimming, or yoga.
- Always warm up and cool down to avoid injury.
- Modify exercises and respect your limits.
- Stay hydrated throughout your exercise.

3. Pregnant Women

- Consult your healthcare provider before beginning or continuing exercise during pregnancy.
- Aim for at least 150 minutes of moderate-intensity aerobic activity per week, including aerobic and muscle-strengthening exercises.
- Opt for low-impact activities like walking, prenatal yoga, or swimming.
- Avoid contact sports and high-impact exercises to reduce the risk of injury.
- Stay well-hydrated and practise good breathing techniques.

Guidance for Exercise in Specific Conditions

4. Medical Conditions (e.g., arthritis, asthma, heart problems, diabetes)

- Consult your doctor about safe exercise for your condition, including type, frequency, and intensity.
- People with diabetes should monitor their blood sugar, as exercise may lower it.
- A warm shower can help relax muscles and joints, especially for arthritis.
- Keep inhalers handy if you have asthma.
- Follow any recommended adjustments and monitor symptoms, adjusting activity as needed.
- Monitor symptoms and adjust your activity accordingly.

5. Fasting

- Consult your doctor about safe exercise for your condition, including type, frequency, and intensity.
- People with diabetes should monitor their blood sugar, as exercise may lower it.
- A warm shower can help relax muscles and joints, especially for arthritis.
- Keep inhalers handy if you have asthma.
- Follow any recommended adjustments and monitor symptoms, adjusting activity as needed.
- Monitor symptoms and adjust your activity accordingly.

Safety During Exercise

6. People of Determination

- Consult a healthcare or certified exercise professional who is experienced with people of determination.
- Select exercises that match specific abilities and needs.
- Modify exercises as required with the help of proffissional support.
- Use assistive devices or support when necessary.

Physical activity is safe for most, but it's important to understand the risks.

1. Choose activities suited to your fitness level and health.
2. Gradually increase activity over time to meet guidelines or health goals.
3. Exercise in safe environments, avoiding slippery surfaces and traffic.
4. Follow rules and choose wisely when and where to be active.
5. Those with chronic conditions should consult a healthcare provider.
6. Use proper gear and equipment to prevent injuries.

Protective equipment and gear should be:

- Suitable for the activity.
- Properly fitted.
- Well-maintained.
- Used consistently and correctly.

Common Exercise Injuries and Emergency Measures

Common injuries include

1. Strains and sprains: Overstretching or tearing muscles or ligaments.

2. Tendonitis: Inflammation of tendons due to overuse or poor technique.

3. Shin splints: Pain along the shinbone, often from overexertion or improper footwear.

4. Rotator cuff injuries: Damage to shoulder muscles and tendons, common in weightlifting or repetitive overhead movements.

5. Knee injuries include ligament tears, often caused by sudden movements or poor landing during jumps.

Emergency measures for exercise injuries

1. Rest: Stop the activity causing pain or discomfort immediately.
2. Ice: Apply ice for 15-20 minutes every 2-3 hours to reduce swelling.
3. Compression: Use a bandage to support the area and minimise swelling.
4. Elevation: Raise the injured area above heart level to reduce swelling.
5. Medical attention: Seek professional help if the pain and swelling are severe, don't improve, or there's a loss of function.

! Remember

it's vital to listen to your body and avoid pushing through pain to prevent injuries.

Tailoring Exercise for Weight Loss or Muscle Building

Different goals require different approaches:

1. Weight Loss:

Alongside dietary changes:

- **Cardiovascular exercises:** Include running, cycling, or swimming to burn calories and boost cardiovascular health.
- **High-intensity interval training (HIIT):** Alternating intense activity and rest can boost metabolism and burn fat more efficiently.
- **Resistance training:** Use lighter weights with higher reps to maintain muscle mass while focusing on calorie burn.
- **Compound movements:** Engage multiple muscle groups with exercises like squats, lunges, and push-ups to maximise calorie expenditure.
- **Flexibility exercises:** Yoga or Pilates can enhance flexibility and reduce stress, aiding overall weight loss.

2. Muscle Building:

- **Resistance training:** Lift heavier weights with fewer reps to build muscle and
- strength.
  Focus on compound exercises: Prioritise movements like deadlifts, bench presses,
- and pull-ups to work multiple muscle groups.
  Progressive overload: Gradually increase weights or resistance to continually
- challenge your muscles and promote growth.
  Adequate protein intake: Ensure enough protein to support muscle repair and
- growth, around 1.6-2.2g per kilogram of body weight daily. .(ask specialist)
  Rest and recovery: Allow sleep and rest days between workouts to aid muscle recovery and growth.

Tailoring exercise for weight maintenance, loss, or muscle building requires consistency, good nutrition, and progressive training. Consulting a fitness professional can help create a personalised plan based on your goals and abilities.

Identifying and Addressing Barriers to Physical Activity

Best Time for Physical Activity:

- Both morning and evening workouts have their benefits and drawbacks.
- The ideal time to exercise often depends on personal preferences, daily routines, and energy levels.
- Choose a time that suits you best and enables consistent physical activity.

Identifying and Addressing Barriers to Physical Activity

- Strategies to Maintain Consistent Physical Activity for a Lifetime:

Solutions to Combat a Sedentary Lifestyle and Start Exercising

Not motivated!

- Choose a physical activity you enjoy.
- Pick a convenient place and time for your exercise and make it a routine.
- Have a workout buddy, or involve your kids (encourage them to join school sports).
- Track your progress and set realistic goals.
- Reward yourself when you achieve your goals.
- Try new activities and mix different ones throughout the week.

No time!

- Select activities that fit into your home or work routine.
- Engage in physical activity for 10 minutes and spread these bursts throughout the day.
- Use everyday tasks as opportunities to increase your activity.
- Take the stairs, walk instead of driving, or cycle to nearby locations.
- Go for family walks.
- Exercise while watching your favourite TV shows to make it enjoyable.
  Stay flexible when needed.

Identifying and Addressing Barriers to Physical Activity

The weather is too hot/cold

- Wear suitable clothing.
- Choose indoor activities like aerobics, swimming, cycling, stair climbing, skipping, or mall walking.

It's too expensive!

- Choose activities that need minimal equipment, such as walking, jogging, skipping, squats, or push-ups.
- Explore affordable community resources (parks, walking tracks, bicycles, etc.).
- Take part in community sports events like marathons or walking trails.

I lack energy!

- Fit your physical activity routine into times when you feel more energetic.
- Gradually build up your activity to what's recommended.
- Give it time – physical activity will boost your energy levels as you continue.
- Join an exercise group to stay committed.

Afraid of injury

- Warm-up and cool down to prevent injuries.
- Exercise according to your fitness level, age, health, and skills.
- Gradually increase your fitness level.
- Use appropriate gear for your activity.

Incorporating Technology for Tracking Physical Activity

Incorporating Technology for Tracking Physical Activity

The rise of fitness technology, such as smartphone apps and wearable devices, offers innovative ways to boost and monitor physical activity.

Pedometers:

- Track the number of steps taken during activities like walking, jogging, and running. They can also estimate distance and calories burned, though these measures can be less accurate.

Accelerometers:

- Measure body acceleration, giving detailed insights into movement frequency, duration, intensity, and patterns.

Heart Rate Monitors:

- Primarily used to assess exercise intensity, especially for those with cardiac conditions or competitive athletes.

Fitness Trackers:

- Monitor daily steps, heart rate, sports activities, and sleep patterns.

Smartphone Applications:

- Enable users to track jogging or biking routes, workout data, and history, control music, and share performance on social media.

Essential Facts About Physical Activity

Essential Facts About Physical Activity:

- Any level of physical activity is better than none.
- Incorporating simple active habits throughout the day can help achieve recommended activity levels.
- While all exercise is physical, not all is considered exercise.
- Physical activity during pregnancy does not negatively impact birth weight.
- Moderate and vigorous-intensity aerobic activities benefit heart health more than light-intensity activities (if a physician approves).
- The intensity of an activity depends on individual fitness levels (those less fit need to work harder than those more fit).
- Muscle and bone-strengthening activities can also be aerobic, depending on their impact on heart and lung function.
- Regardless of age, physically active individuals show improved cognition and a reduced risk of cognitive decline.
- You can strengthen muscles on the same or different days as aerobic activity.
- Consistency in physical activity is crucial for long-term benefits.