

BE HEALTHY FOR LIFE

Be Physically Active For Health & Fitness

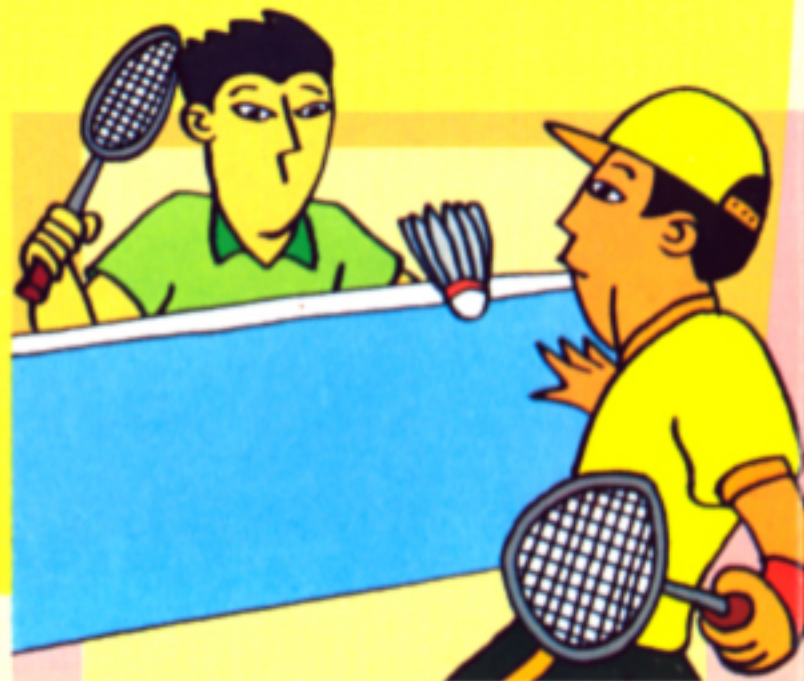


Be Physically Active



- ✪ Physical activity should be enjoyed throughout our lives
- ✪ A child who is physically active is always mentally alert and fit
- ✪ An active lifestyle helps maintain good health. Avoid too much of watching TV, playing video and computer games
- ✪ Physical activity is moving your body, exercising, taking part in sports and doing chores

Be physically active everyday. Be healthy for life.





Health benefits of physical activity:

- ❖ Strengthens heart muscles and improves blood circulation
- ❖ Improves movement of joints and overall flexibility
- ❖ Improves tone and posture
- ❖ Increases muscle strength and endurance
- ❖ Helps achieve and maintain healthy body weight
- ❖ Prevents obesity

Put together at least 30 minutes of light to moderate physical activity each day, not less than 10 minutes each time.



Exercise for A Healthy Heart

Exercise is a form of physical activity which should be done

- often
- within a specific period of time, and
- repeatedly

Exercise enhances one's health and fitness

Use **FITT** as a guide when exercising

F - Frequency:	3-5 times a week
I - Intensity (Effort):	until you sweat and breathe deeply without any effort
T - Time:	at least 20 minutes each session (not including warm-up and cool down sessions)
T - Type:	aerobics, playing games e.g: soccer, netball, badminton, skipping, cycling

Exercise regularly. At least 3 times a week, 20 – 30 minutes each time.

**“Be Physically Active.
Be Healthy For Life”**