

Physical activity for children and adolescents



Increases cardiorespiratory fitness and muscular strength



Promotes positive self-esteem



Reduces body fatness



Promotes teamwork and social interaction



Enhances bone health



Builds resilience



Reduces the risk of cardiovascular and metabolic diseases



Reduces symptoms of depression

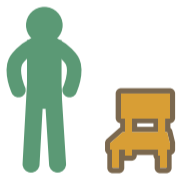


Move for Health!

Engage in physical activity that can strengthen muscles and bones at least 3 times per week

Accumulate at least **60** minutes per day of moderate to vigorous intensity physical activity

All activities should make you breathe faster and feel warmer



Avoid prolonged sitting



Limit recreational screen time to within 2 hours a day

Moderate intensity	Stair climbing 	Brisk walking 	Skip 	Dance 	Muscle and bone strengthening activities	Resistance training 	Jump 	Balance
	Vigorous intensity	Run 	Bike 	Swim 		Ball games 	Climb 	

Physical activity for adults

- Maintains good health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Enhances quality of life

Reduces the risk of:

- High blood pressure
- Coronary heart disease and stroke
- Dementia
- Type II diabetes
- Colon and breast cancers
- Hip and vertebral fracture
- Depression

Be active!

Aerobic exercises		Build muscular strength	Cut down on sedentary activities and sit less
Moderate intensity	Vigorous intensity		
Walk on stairs	Run	Yoga	Computer monitor
Brisk walking	Climb or walk briskly up to a hill	Fit ball	
Aerobics	Swim	Gym	Person sitting at a desk with a laptop
Social dance	Ball games		
Minimum minutes per week 150 or 75 <small>minutes</small>		2 days or more per week	
Moderate intensity (Increased breathing. Able to talk)			
Vigorous intensity (Breathing fast. Difficulty talking)			

Engaging in physical activity for 30 minutes or three 10-minute bouts per day can benefit your health! Stay active from today on!

