

# ALL ABOUT EXERCISE

## What are the Benefits of Exercise?



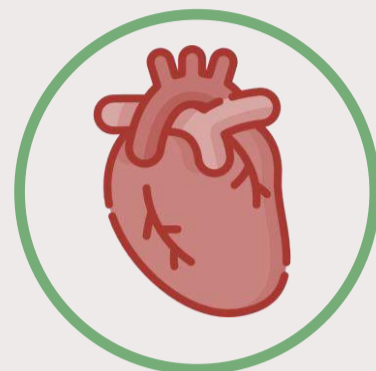
- ✓ Improves mental, cognitive (brain) health and sleep



- ✓ Improves bone health and muscular fitness



- ✓ Reduces risk of falls



- ✓ Reduces risk of death from heart-related diseases



- ✓ Reduces risk of stroke, diabetes, hypertension (high blood pressure) and various cancers



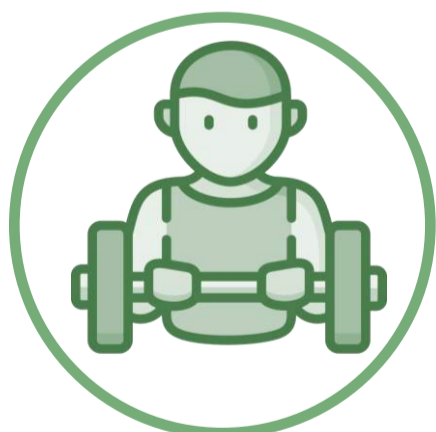
- ✓ Helps maintain a healthy body weight

## How Much Should I Exercise?

It is recommended by the World Health Organisation (WHO) that:



Adults should perform at least 150-300 mins/week of moderate intensity **OR** 75-100 mins/week of vigorous intensity **aerobic physical activity**.



Adults should perform **muscle-strengthening** exercises at least two times a week.



Adults should perform **functional balance exercises**, especially in older adults, to reduce risk of falls.



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