

## Community Health

# Importance of Exercise

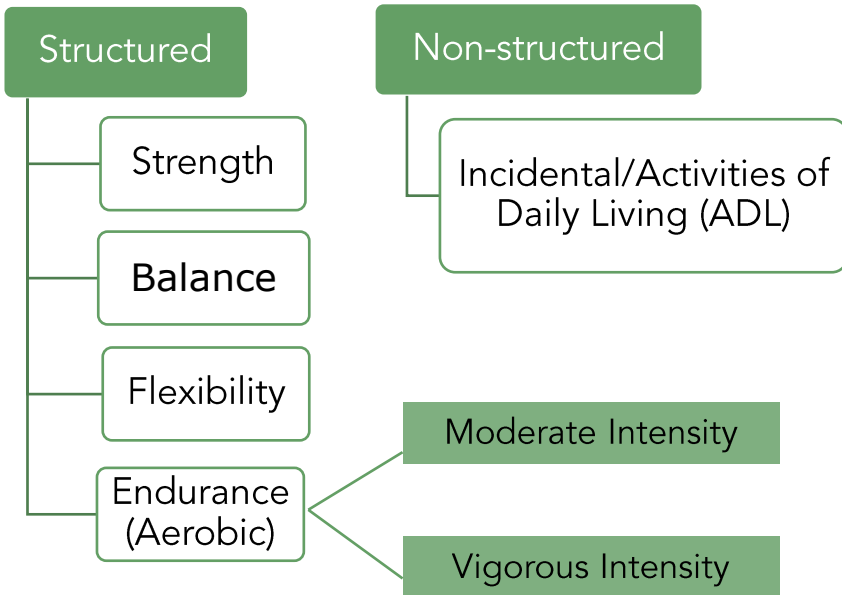


# What is Physical Activity?

- It is a movement carried out by the skeletal muscles which require energy.

## Types of Physical Activities

- Can be classified into 2 different categories



## Activities of Daily Living (ADLs)

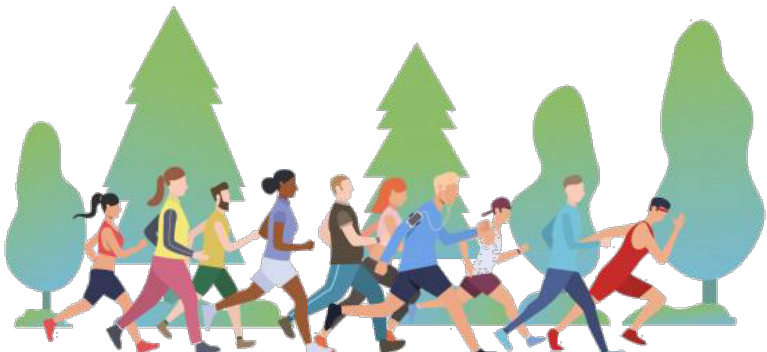
- Activities done on a daily basis, accumulated over the day
- **Examples:**
  - Walking
  - Gardening
  - Carrying bags of groceries
  - Mopping the floor

# Importance of Warm-up Exercises

- Warm-up
  - Prepare body for the exercise
  - Increase body temperature
  - Increase blood flow to muscles
- Duration
  - 5 minutes
- Intensity
  - Low and increase gradually

# Importance of Cool Down Exercises

- Cool Down
  - Allows body to recover to the state before exercise, such as lowering blood pressure and heart rate
  - Reduce cramps and stiffness
- Duration
  - 5 minutes
- Intensity
  - Low intensity



# Different Types of Exercises

Type	Examples	When to do?
Endurance Exercises (Aerobic Exercises)	<ul style="list-style-type: none"> <li>• Brisk Walking</li> <li>• Jogging</li> <li>• Dancing</li> <li>• Swimming</li> </ul>	<ul style="list-style-type: none"> <li>• 30 minutes a day (moderate)</li> <li>• 75 minutes, 3 or more days a week (vigorous)</li> <li>• Combination of both</li> </ul>
Strength Exercises	<ul style="list-style-type: none"> <li>• Push Ups</li> <li>• Hand-held Weights</li> <li>• Resistance Band</li> </ul>	<ul style="list-style-type: none"> <li>• 30 minutes, 3 or more days a week</li> </ul>
Balance Exercises	<ul style="list-style-type: none"> <li>• Qigong</li> <li>• Tai Chi</li> <li>• Walking heel to toe</li> </ul>	
Flexibility Exercises	<ul style="list-style-type: none"> <li>• Stationary Stretch</li> <li>• Dynamic Stretch</li> <li>• Yoga</li> <li>• Pilates</li> </ul>	

## Summary

Aim for:

- ✓ 150 minutes or more of moderate to vigorous physical activity a week
- ✓ At least 30 minutes of moderate-intensity physical activity a day
- ✓ 10,000 steps daily



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