

Moderate intensity

During the activity you can talk. But you can't sing.

1 minute of vigorous activity = 2 min of moderate activity

Vigorous intensity

During the activity, you can't say a few words without pausing for a breath.

Keep moving and stay active for better health.

Every minutes counts

Muscle-strengthening activities.

Muscle training should include all major muscle groups.

Perform moderate or high-intensity muscle training.
For older adult light to moderate intensity

At least two days per week.

Stretching Exercise

Stretches improve the range of motion.

At least two or three days a week.

Hold each stretch for 10-30 seconds.

Repeat 2-4 times.



Balance exercises.

Older adults (65+ years) should perform balance exercises at least two days per week, improving coordination and reducing the risk of falls.

If you have a medical condition:

Talk to your doctor before starting any physical activity. Your doctor can help you choose a safe exercise that won't cause harm. It's important to follow their advice.



Patient and Family Education

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Physical Activity and Health



Physical Activity and Health

Physical activity is any movement requiring energy and using muscles. It includes activities we do during leisure time, work, or travel.

Exercise involves planned, structured, and repeated movements.

Regular physical activity brings many benefits to your health. It can help you feel better and improve your overall well-being.

Some benefits of exercise include:

1. Improve breathing and heart health.
2. Reduce the risk of various chronic conditions such as:
 - High cholesterol,
 - Type II diabetes,
 - High blood pressure.
3. Boost mental health by reducing stress and depression and improving sleep.



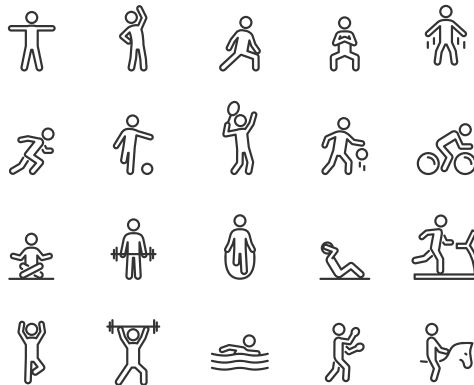
4. Decreases blood glucose levels. It enhances the body's ability to use insulin.
5. Physical activity lessens the risk of stroke and heart disease.
6. Regular exercise improves bone density and muscle strength.
7. Regular exercise helps manage weight. It promotes sustainable weight loss and prevents regain.



A sedentary lifestyle

Sitting or not moving for long periods.

1. It leads to several chronic conditions, such as:
 - High blood pressure
 - Diabetes
 - Heart disease
2. It is considered a major cause of death worldwide.
3. It increases the risk of overall health problems and death.



To combat the harmful effects of sitting a lot:

1. Maintain your daily moderate or vigorous physical activity.
2. Decrease the duration of sitting during the day.
3. Take frequent breaks (every 20-30 minutes) from sitting.

During the break, you can do:

- Stretches exercise.
- Bodyweight resistance exercises.
- Move around or stand.

4. Take regular activity breaks from looking at a screen.

5. Make physical activity a daily habit.

- Walk to work.
- Take the stairs rather than the elevator.
- Standing during meetings.
- Walk while on a call.



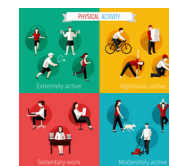
Physical activity guidance for healthy adults and older Adults:



Moderate-intensity physical activity 150 minutes per week, or 30 minutes for five days. For additional health benefits, increase it to 300 min/week.



OR 75 minutes of vigorous-intensity activity per week. Increase it to 150 min/week for extra health benefits.



OR adults can combine both types of activities throughout the week.