



THE AGA KHAN UNIVERSITY

eCommons@AKU

---

Nutrition Update

Publications

---

2-21-2017

## February 2017 (Issue 2) : Tips to Increase Physical Activity

Aga Khan University Hospital, Karachi

Follow this and additional works at: [https://ecommons.aku.edu/nutrition\\_update](https://ecommons.aku.edu/nutrition_update)



Part of the [Food Studies Commons](#)

---

### Recommended Citation

Aga Khan University Hospital, Karachi, "February 2017 (Issue 2) : Tips to Increase Physical Activity" (2017). *Nutrition Update*. Book 13.

[https://ecommons.aku.edu/nutrition\\_update/13](https://ecommons.aku.edu/nutrition_update/13)

## TIPS TO INCREASE PHYSICAL ACTIVITY

Physical activity simply means moving the body to burn energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer or swimming are all examples of being active.

### WHY IS IT IMPORTANT?

Regular physical activity can result in long term health benefits. People of all ages, shapes, sizes and abilities can benefit from staying physically active. Moderate physical activity can help you in the following ways:

- Look better
- Sleep better
- Feel physically fit
- Decrease risk of disease
- Increase mental and social wellbeing
- Keep in shape, so you can enjoy leisure activities
- Avoid injury and safely performing work and home chores
- Live longer (as per the American Journal of Preventive Medicine)

### HOW MUCH PHYSICAL ACTIVITY DO WE NEED?

- Adults, 18-64 years: Moderate activity of at least 2 hours and 30 minutes every week, or vigorous activity of 1 hour and 15 minutes every week. Staying active for 5 or more hours each week can be more beneficial for health.
- Children and Adolescents, 6-17 years: 60 minutes or more of physical activity each day.
- Young Children, 2-5 years: This group should be encouraged to play often and stay active every day with no specific time limits.

### WHY IS PHYSICAL ACTIVITY IMPORTANT?

No matter how old or young you may be, regular physical activity is important for maintaining a well-functioning body

An inactive lifestyle is unhealthy and can lead to an increased risk of acquiring preventable diseases including but not limited to the following:

- Stroke
- Diabetes
- Heart problems
- High blood pressure
- High blood cholesterol

### PRACTICAL TIPS TO INCREASE ACTIVITY

- Choose physical activities that you enjoy and can do regularly.
- Make physical activities part of your daily routine.
- Keep it interesting by trying a different physical activity on alternate days.
- Do one physical activity for at least 10 minutes in one round. Shorter bursts of the same activity will not have the same health benefits.
- To be ready anytime, keep comfortable clothes and a pair of walking or running shoes in the car and at the office.



References:

<https://www.choosemyplate.gov/physical-activity-tips>

