



National Healthcare Group
Adding years of healthy life

A Guide for Patients and Families

Importance of Exercise



What is Physical Activity?



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

Types of Physical Activities

Physical activity can be classified into:

Structured

- ◆ Strength
- ◆ Balance
- ◆ Flexibility
- ◆ Endurance (Aerobic)

Non-structured

- ◆ Incidental / Activities of Daily Living (ADL)

Intensity:

- Moderate
- Vigorous

Activities of Daily Living (ADLs)

These are activities done on a daily basis and accumulated over the day.

Examples:



Walking



Gardening



Carrying bags of groceries



Mopping the floor



Importance of Warm-up Exercises

Warm-up

- ◆ Prepares body for the exercise
- ◆ Increases body temperature
- ◆ Increases blood flow to muscles



Duration:
5 minutes



Intensity:
Low
(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

Different Types of Exercises

Endurance Exercises

(Aerobic Exercises)

- ◆ Brisk walking
- ◆ Jogging
- ◆ Dancing
- ◆ Swimming

When to do?

- ◆ 30 minutes a day (moderate)
- ◆ 75 minutes, 3 or more days a week
- ◆ Combination of both

Strength Exercises

- ◆ Push-ups
- ◆ Resistance band
- ◆ Hand-held weights

Balanced Exercises

- ◆ Qigong
- ◆ Tai Chi
- ◆ Walking heel to toe

Flexibility Exercises

- ◆ Stationary stretch
- ◆ Dynamic stretch
- ◆ Yoga
- ◆ Pilates

When to do?

- ◆ 30 minutes, 3 or more days a week

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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