



KINGDOM OF BAHRAIN
Ministry of Health



يوم البحرين الرياضي
Bahrain Sports Day

تعزيز
الصحة
Health Promotion

E-Newsletter #Health_Promotion

FEB 2022

EXERCISE TO
HAVE FUN
AND BE
HEALTHY,
NOT JUST TO
LOSE
WEIGHT

Exercise
is therapy

Movement
is life

Ready

Steady.Go





Physical activity

The process of moving the body in different ways resulting in a consumption of energy (burning calories).

Physical movement of skeletal muscles that requires energy, including activities during work, play, household tasks, travel and entertainment activities.



Your age and the level of physical activity

Children and Adolescents 5-17 years

At least 60 minutes
daily of moderate to
high intensity
physical activities.

60

times 3

Muscle and bone
strengthening
exercises at least
three times a week.



Your age and the level of physical activity

Adults 18-64 years

At least 150 minutes per week of moderate-intensity physical activity or 75 minutes of high intensity activity per week.

150

**Days
or 2
more**

Muscle strengthening activities that target the major muscle groups, two or more days per week.



Your age and the level of physical activity

Elderly

65 years
and above

At least 150 minutes per week of moderate-intensity physical activity or 75 minutes of high intensity activity per week.

150

times **3**

Engaging in physical activities that improve balance and prevent falls, three or more times weekly.

Muscle strengthening activities that target the major muscle groups, two or more days per week.

Days
or **2**
more



Physical

activities and their types

aerobic exercises

- Fast walking
- Jogging and running
- Swimming
- cycling

Muscle strengthening exercises

- Lifting weights
- Push ups
- The use of resistance bands.
- Climbing

Bone-strengthening exercises

- Jumping
- skipping rope
- Running

Balance and neuromuscular coordination exercises

- Side walking
- Standing on one leg
- Walking on heels and then on toes.



Start it right



1. Include the physical activity in your daily schedule



2. Choose the right clothes and the right shoes for exercising



3. Start exercising gradually.



4. Warm up properly before exercising



5. Wait at least two hours after a meal before you exercise.



Prepare right



- Consult your doctor before starting an exercise routine, if you have a chronic disease such as heart disease, asthma, diabetes, hypertension, or sickle cell anaemia.
- Consult your doctor before starting an exercise routine if you have morbid obesity.
- Consult your doctor before starting an exercise routine if you have symptoms that may be related to heart or lung during your daily activities such climbing stairs.



- Consult your doctor before starting an exercise routine if you are pregnant.



- If you develop any symptoms during exercise such as pain or pressure in the chest or shoulder, dizziness, fainting, shortness of breath with heavy sweating, stop exercising immediately and seek urgent medical help and consult your doctor before returning to exercise



The benefits of physical activity

- Physical activity helps you lose weight and maintain a healthy weight.
- Physical activity reduces the risk of obesity, heart disease and diabetes.
- Physical activity helps control chronic diseases, including diabetes and hypertension.
- Physical activity increases energy, reduces fatigue, and improves sleep.
- Physical activity helps build muscles and strengthen bones and joints.
- Physical activity increases the strength and flexibility of the body and improves its balance and coordination.



Now, take this test to assess your knowledge about physical activity:

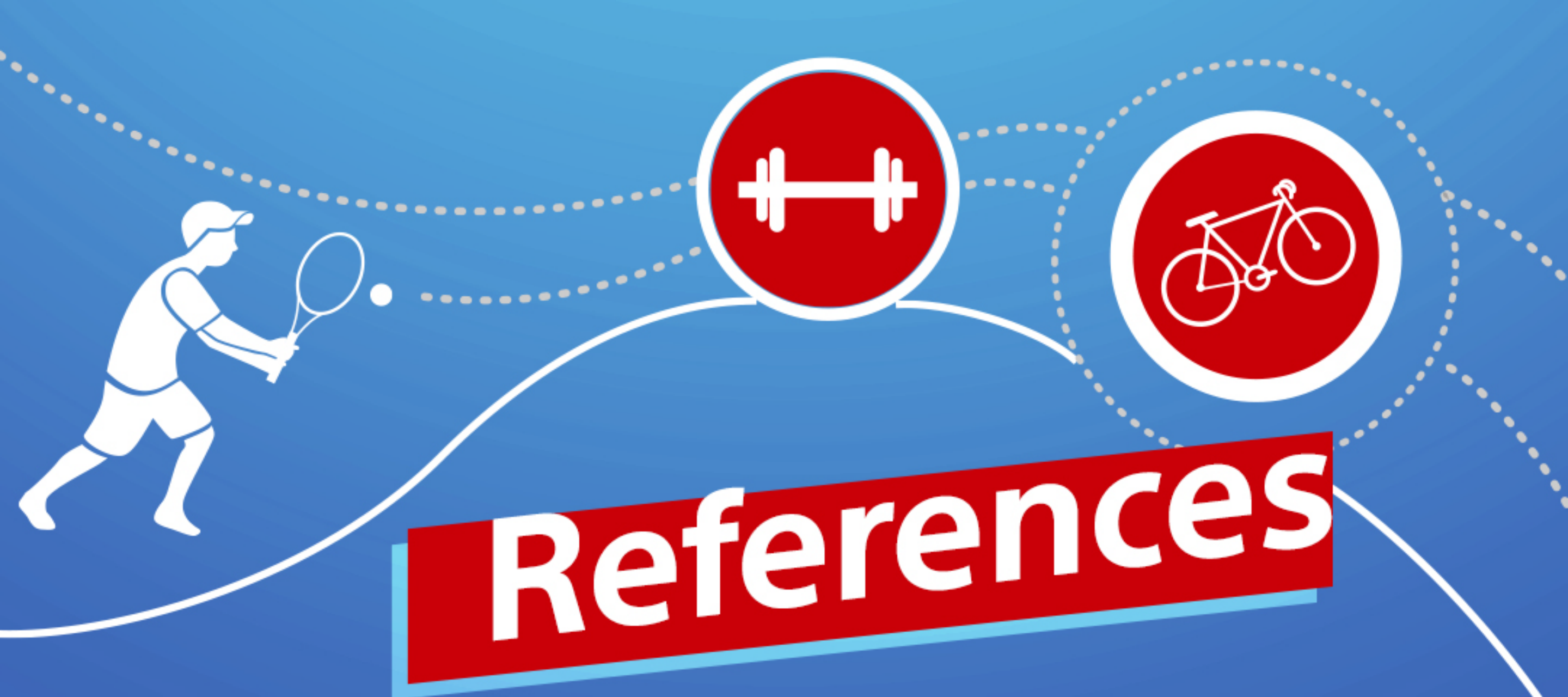
1.Do you know how much physical activity is appropriate for your age?

2.Do you know the types of physical activities?

3.Do you know how to start right?

4.Do you know the importance of physical activity?

5.Do you know when you need to consult a doctor before starting an exercise routine?



References

- <https://www.who.int/ar/news-room/fact-sheets/detail/physical-activity>
- <https://www.moh.gov.sa/HealthAwareness/EducationalContent/PublicHealth/Pages/physical-Activity.aspx>
- Health Promotion Brochure (Physical Activity)
- Health Promotion Brochure (Sport and Health)

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تهمنا

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