

# HOW TO GET STARTED

- ✓ Walk whenever you can - get off the bus early and walk the rest of the way
- ✓ Use the stairs instead of the elevator
- ✓ Reduce inactivity for long periods, like watching tv
- ✓ Get up from the couch and stretch & bend for a few minutes every hour
- ✓ Play actively with children and grandchildren
- ✓ Choose to walk, wheel or cycle for short trips
- ✓ Start with a ten minute walk and gradually increase the time
- ✓ Do the activities you are doing now more often



## BENEFITS OF PHYSICAL ACTIVITY

- **Prevents and controls diseases** like diabetes (sugar), hypertension (pressure), heart disease, obesity and some cancers
- **Promotes** relaxation
- **Improves** mental and physical health
- **Reduces** stress
- **Makes you feel good about yourself**
- **Increases** energy
- **Builds** strong muscles and bones
- **Helps** older persons live independently



## HEALTH RISKS OF PHYSICAL INACTIVITY

- Premature **death**
- **Osteoporosis**
- Heart **disease**
- **Stroke**
- **Obesity**
- **Depression**
- **High** blood pressure
- Colon **Cancer**
- Adult-onset **diabetes**

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MINISTRY OF HEALTH

JAMAICA MOVES



# JAMAICA'S PHYSICAL ACTIVITY GUIDE

THE ROAD TO HEALTHY LIVING



# YOU CAN DO IT!

GETTING STARTED IS EASIER THAN YOU THINK, 30 MINUTES OR MORE A DAY IS ALL IT TAKES

# STAMINA



**INCREASE ENDURANCE  
ACTIVITIES**

# FLEXIBILITY



**INCREASE FLEXIBILITY  
ACTIVITIES**

# STRENGTH



**INCREASE STRENGTH  
ACTIVITIES**