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
- Improves mental and physical health
- Builds strong muscles and bones

- Promotes relaxation
- **Reduces** stress
- Makes you feel good about yourself
- Increases energy
- Helps older persons live independently





JAMAICA'S PHYSICAL ACTIVITY GUIDE

THE ROAD TO HEALTHY LIVING



YOU CAN

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



HEALTH RISKS OF PHYSICAL INACTIVITY

- Premature death
- Heart disease
- Obesity
- High blood pressure
- Adult-onset diabetes

- Osteoporosis
- Stroke
- Depression
- Colon Cancer

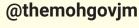
For more information please contact us at:

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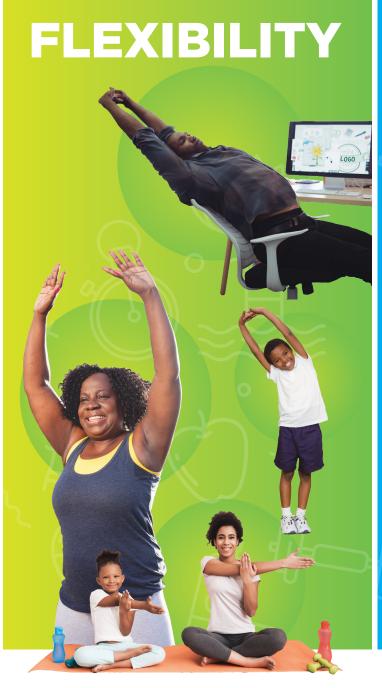








STAMINA INCREASE ENDURANCE ACTIVITIES







INCREASE STRENGTH ACTIVITIES