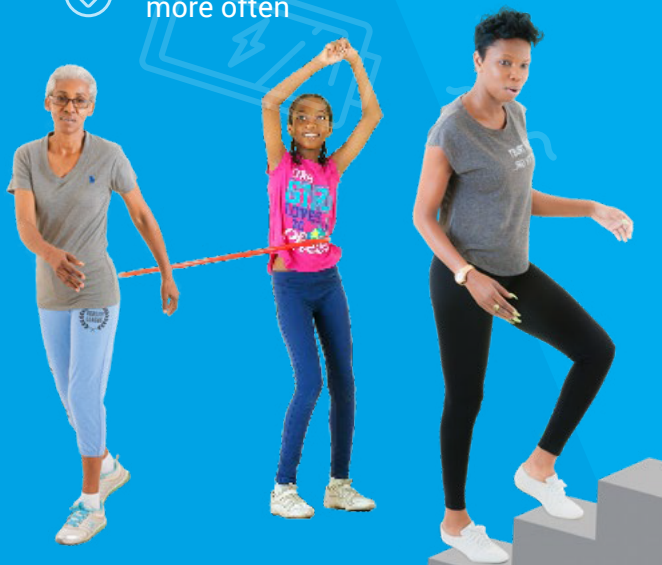


HOW TO GET STARTED

- ✓ **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
- **Reduces** stress
- **Improves** mental and physical health
- **Makes you feel good about yourself**
- **Builds** strong muscles and bones
- **Increases** energy
- **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**



MINISTRY OF
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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



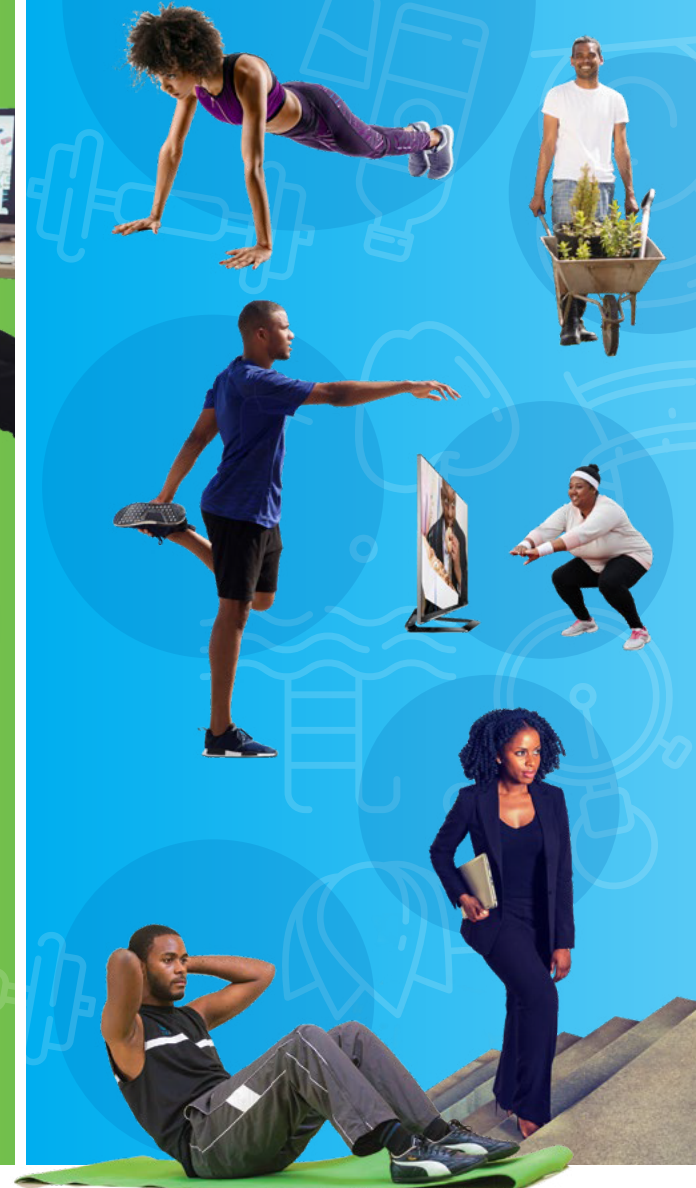
**INCREASE ENDURANCE
ACTIVITIES**

FLEXIBILITY



**INCREASE FLEXIBILITY
ACTIVITIES**

STRENGTH



**INCREASE STRENGTH
ACTIVITIES**