

# PHYSICAL ACTIVITY DAILY GUIDE



## a day That's all it takes You can do it!





## PHYSICAL ACTIVITY DAILY GUIDE

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Second Edition

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## Acknowledgement

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The project was guided by the Health Promotion and Education Unit and the Non-communicable Diseases and Injuries Prevention Unit within the Ministry of Health and Wellness.

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### Background

According to the World Health Organization, Non-Communicable Disease (NCDs) are the major causes of mortality and morbidity worldwide, and is the main cause of premature deaths in 30-70 year age group (global Action Plan for the Prevention and Control of Non-communicable Disease 2013-2020). Approximately 63% of deaths globally are caused by NCDs, with cardiovascular disease ranking number 1(48%), followed by cancers (21%), chronic diseases (12%) and diabetes (3.5%).

Non-Communicable Disease is the leading cause of death and disability in the Caribbean. Approximately 60% of deaths in the Caribbean population can be attributed to NCDs. In Jamaica, NCDs are the number one contributor of morbidity and mortality. According to the Jamaica Health and Life Survey III, seven (7) out of ten (10) Jamaican die from an NCD. One in two Jamaican (54%) were classified as overweight (preobese or obese). The four common underlining behavioural risk factors for these diseases are: tobacco use, harmful use of alcohol, unhealthy diet and physical inactivity. (Jamaican National Strategic and Action Plan for the Prevention and Control of Non-communicable Disease, 2013)

## Introduction

Physical activity is body movement that allows the body to utilize energy. Regular physical activity plays a vital role as a protective and preventive factor for health and wellbeing and is critical in the management and reduction of chronic non-communicable disease. It can reduce global mortality by at least 6%, reduce ischemic heart disease by 30%, diabetes by 27%, breast, and colon cancer 21-25% physical activity burns fat, helps to maintain a healthy weight and it reduces stress. Global Recommendation on Physical Activity for Health: World Health Organization (2010. It also contributes to the prevention of other health conditions such as overweight and obesity, improved mental health, delay in the onset of dementia (4) and improved overall quality of life. According to Global Action Plan on Physical Activity 2018-2030, globally, physical inactivity was estimated to cost (USD) 54 billion in direct health care, in 2013, of which 57% was incurred by the public sector and an additional 14 billion is attributable to lost productivity (17). Worldwide, 23% of adults and 81% of adolescents (aged 11–17 years) do not meet the WHO global recommendations on physical activity for health1 (6).

The Jamaica Health and Lifestyle, Survey lll 2016-2017 showed eighty two percent (82%) of Jamaicans engaged in low physical activity, sixteen percent (16%) in moderate activity (minimum World Health Organization recommendations) and two (2%) high activity. This is did no differ for age and sex. Fifty two (52%) had made no attempt to increase their physical activity level within the last year.

Physical activity is critical to the prevention and management of Non-Communicable Disease, therefore healthcare providers must play a critical role that this is integrated in the care of their clients. The Health Promotion and Education Unit (HPE) within the Health Promotion and Protection Branch of the Ministry of Health and Wellness had done assessments and recognized the need to build the capacity in physical activity among health care workers. This will aid in strengthening and expanding existing programmes and interventions that promote physical activity as well as develop new ones.

## Goal

The goal of the Ministry of Health is to reduce physical inactivity levels by at least 5% over the next 5 years

## **Objective**

To promote physical activity among clients who attend health facilities.

## Purpose

The booklet is a simple resource guide for medical practitioners to inform and encourage clients on the importance of incorporating physical activity in their daily routine.

## **Target Audience**

This Guide targets medical practitioners within public and private health care facilities who interact with clients on a regular basis.

## **Design of book**

The Guide is divided into five (5) main sections.

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# THE IMPORTANCE OF PHYSICAL ACTIVITY AND HEALTH

Getting started is easier than you think. Physical activity doesn't have to be very hard to be effective. Build physical activity into your daily routine.

## Checklist for Physical activity O Proper footwear

- Patience
- ⊘ The will to succeed
- 🔗 A positive Attitude

## What is Physical Activity

The action of the body in the form of movement. It works the muscles and allows the body to utilize more energy than is needed when resting. Some examples are walking, gardening, running, dancing, hula hooping, skipping, sweeping the yard, mowing the lawn. In order to get maximum health benefits, it is recommended that these activities be executed at different intensity levels on a regular basis: light, moderate or vigorous to improve health.

## Physical Activity Intensity Levels

This refers to the energy level at which the physical activity is carried out. There are three levels of intensity: light, moderate and vigorous.

A person who is active at a light intensity level should be able to sing while doing the activity. A person who is capable of engaging in a conversation comfortably during their physical activity routine is considered to be doing moderate intense activity.

If a person is out of breath and is too exhausted to carry on a conversation he/she is said to be doing vigorous physical activity.

## Benefits of physical activity are:

- Prevents and help controls diseases such as diabetes (sugar), hypertension (pressure) heart disease, obesity and some cancers.
- Improves mental and physical health
- Builds strong muscles and bones
- Reduces stress
- Helps the elderly live independently
- Strengthens your heart and lungs
- Increases the good cholesterol in your blood
- Burns fat and helps you maintain a healthy weight
- Makes you look better bright eyes and healthy skin
- Makes you more alert with better concentration
- 🖉 Helps you relax and sleep better



## **Health Risks of Physical Inactivity**



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### Recommendations

#### Children

- 3-5 years: at least 60 minutes of structured activities and several hours of free play daily.
- 6-17 years: at least 60 minutes of moderate to vigorous at least 5 days per week.
- They should do a combination of muscle strengthening and bone strengthening activities at least 3 days per week as a part of the 60 minutes.

#### Adult

- At least 30 minutes 5 days per week or an accumulation of 150 minutes per week to gain some health benefits.
- At least 60 minutes 5 days per week or an accumulation of at least 300 minutes per week if you want to lose weight.
- At least 60-90 minutes or an accumulation of at least 300-450 minutes per week if you are obese and want to lose and maintain weight.

There are a number of ways one can accumulate the recommended amount of physical activity each day. Example a 30 minutes physical activity session can be done in three 10 minute bouts throughout the day. In order for this to be effective each 10 minutes bout must be done continuously each time. Choose a method that best fits into your daily routine that you can be achieved.

#### Adults 65 years and above:

- Should do at least 30 minutes of moderate-intensity aerobic activity five days per week or do at least 25 minutes of vigorous-intensity aerobic physical activity at least three days per week.
- Aerobic activity should be performed in bouts of at least 10 minutes duration. For additional health benefits, activity should be done at moderateintensity at 60 minutes five days per week, or engage in 30 minutes of vigorous- intensity aerobic physical activity five days per week this can be a combination of moderate- and vigorous-intensity activity.



# TAKE PRECAUTION AND MAKE IT FUN



#### Medical Assessment

After you conducted medical assessment of client discuss with them the types of physical activity they can participate in. Emphasize to the clients that they should start out the activity slowly and gradually increase. Clients should be encouraged to report changes to their health as a result of participating in these activities.

#### Types of physical activity

There are several types of physical activities that clients can participate in. Some examples are:

- Walking
  Running
  Skipping
  Dancing
  Ball games
  Hola Hoop
  Gardening
  House work
  Aerobics

- House work



Encourage clients to participate in activities they like to do. This will make it easier to incorporate these activities as a part of their daily routine making it a lifestyle.

#### Other daily routine physical activity can be:

- Using the stairs instead of the elevator
- Getting up from the desk or couch to stretch for a few minutes every hour.
- Gardening, mowing the lawn, sweeping, washing your car, dancing.
- Plaving actively with children and grandchildren.
- Walking, wheel chairing or cycling for short trips.

Remind clients to: Start out slowly and gradually increase

# How many calories are used in typical activities?

The following table shows calories used in common physical activities at both moderate and vigorous levels.can be achieved.

Moderate Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person <sup>1</sup>	Approximate Calories/Hr for a 154 lb Person <sup>1</sup>
Hiking	185	370
Light gardening/yard work	165	330
Dancing (slow freestyle laps)	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180

Vigorous Physical Physical	Approximate Calories/30 Minutes for a 154 lb Person <sup>1</sup>	Approximate Calories/Hr for a 154 lb Person¹
Running/jogging (5mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440

<sup>1</sup> Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less. Source:Adapted from http://www.cdc.gov/healthyweight/physical\_activity/index.html





# GET ON THE MOVE



**STAMINA**: Explain to clients that walking is and safe easy way of getting physically active. Encourage client to walk whenever they can and keep a record of their achievements. Demonstrate how client should bend arm at a 90 degree angle, swing arms back and forth in motions with their legs.

Bend the elbow and swing the arms fast and narrowly. This action also prevents the unnecessary swing of the body.

Keep the line of sight high to enjoy the scenery.

Abdominal muscle will tighten up.

Tighten the muscle of the • buttocks and you will get your hips into shape.

Stretch the knees.

If you push off from the land with the toes, the repulsive force is transmitted to the lumbar, and the length of the step will extend.

Land the heel first.

## **Beginners Walking Programme**

Encourage clients to stretch appropriately before and after walking

	Warm up	Walk	Cool Down	Total Workout Time
Week 1	Walk slowly 5 mins.	Walk briskly 5 mins.	Walk slowly 5 mins.	15 minutes
Week 2	Walk slowly 5 mins.	Walk briskly 7 mins.	Walk slowly 5 mins.	17 minutes
Week 3	Walk slowly 5 mins.	Walk briskly 9 mins.	Walk slowly 5 mins.	19 minutes
Week 4	Walk slowly 5 mins.	Walk briskly 11 mins.	Walk slowly 5 mins.	21 minutes
Week 5	Walk slowly 5 mins.	Walk briskly 13 mins.	Walk slowly 5 mins.	23 minutes
Week 6	Walk slowly 5 mins.	Walk briskly 15 mins.	Walk slowly 5 mins.	25 minutes
Week 7	Walk slowly 5 mins.	Walk briskly 18 mins.	Walk slowly 5 mins.	28 minutes
Week 8	Walk slowly 5 mins.	Walk briskly 20 mins.	Walk slowly 5 mins.	30 minutes
Week 9	Walk slowly 5 mins.	Walk briskly 20 mins.	Walk slowly 5 mins.	30 minutes

## **AVOID DEHYDRATION !!**

Use the following table to guide clients with fluid intake when doing physical activity.

	Time Period	Amount of Water 1
	2 to 2-1/2 hours before	At least 2 cups of water
	0 to 15 minutes before	2 cups of water
	Every 15 minutes during After physical activity	2 cups for every pound lost and until urine is pale
12 41		

## **Advanced Walking Programme**

Encourage clients to stretch appropriately before and after walking.

	Warm up /Daily	Walk / Daily	Cool Down/Daily	Total Time
Week 1	Walk slowly 5 mins.	Walk briskly 10-15 mins.	Walk slowly 5 mins.	<b>20-25</b> minutes
Week 2	Walk slowly 5 mins.	Walk briskly <b>10-20</b> mins.	Walk slowly 5 mins.	<b>25-30</b> minutes
Week 3	Walk slowly 5 mins.	Walk briskly <b>20-25</b> mins.	Walk slowly 5 mins.	<b>30-35</b> minutes
Week 4	Walk slowly 5 mins.	Walk briskly <b>25-30</b> mins.	Walk slowly 5 mins.	<b>35-40</b> minutes
Week 5	Walk slowly 5 mins.	Walk briskly <b>30-35</b> mins.	Walk slowly 5 mins.	<b>40-50</b> minutes
Week 6	Walk slowly 5 mins.	Walk briskly <b>35-40</b> mins.	Walk slowly 5 mins.	<b>45-50</b> minutes
Week 7	Walk slowly 5 mins.	Walk briskly <b>40-45</b> mins.	Walk slowly 5 mins.	<b>50-55</b> minutes
Week 8	Walk slowly 5 mins.	Walk briskly <b>60</b> mins.	Walk slowly 5 mins.	<b>70</b> minutes

## After week 8 encourage clients to increase the intensity level or length of each work out session

Discuss with clients the importance of setting a goal and stick to it. Include routes/activities they enjoy and get family and friends to join them.

#### FLEXIBILITY:

Help protects muscles, against injury and allow maximum range of motion. Increase flexibility such as stretches.

## **Moderate Exercise Programme**

Clients should warm-up and stretch appropriately 5 minutes before and after exercising. Drink lots of water before, during and after exercise

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satutday
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
1	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
2	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
3	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	30 mins	30 mins	30 mins	Abs push-	30 mins	30 mins	Abs push-
4	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
5	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
6	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
7	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats
Week	<b>30</b> mins	<b>30</b> mins	<b>30</b> mins	Abs push-	<b>30</b> mins	<b>30</b> mins	Abs push-
8	brisk walk	brisk walk	brisk walk	ups squats	brisk walk	brisk walk	ups squats

**N.B** When doing push-ups, abdominals (abs) and squats, do three (3) sets of 5, 10, or 15. start out slowly and gradually increase the amount your can do base on your fitness level.



#### STRENGTH:

Increase strength activities such a weight lifting or carrying manageable loads.

## Vigorous Exercise Programme

Clients should warm-up and stretch appropriately 5 minutes before and after exercising. Vigorous exercise can be for alternative days. **Drink lots of water before, during and after exercise** 

	Sunday	Tuesday	Thursday	Satutday
Week 1	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 2	25 mins jog	25 mins jog 10 mins weight training	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 3	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 4	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 5	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 6	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 7	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 8	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats

**N.B** When doing push-ups, abdominals (abs) and squats, do three (3) sets of 5, 10, or 15. start out slowly and gradually increase the amount your can do base on your fitness level.



# WHAT TO DO BEFORE AND AFTER A WORKOUT



## Giving clients tips on warming up, cooling down and stretching before and after main physical activity session

## Warming up

It is very important to warm up before main/aerobic activity as this will help to minimize the risk of injuries.

Warm-up activities help to keep the muscles flexible, increase joints range of motion, blood flow to muscles and heart rate, and help to prevent injuries as the body prepares for main activity.

Jog or walk moderately for 2-5 minutes. Stretch all the major muscles. Hold each stretch for at least 30 seconds. Do not bounce or jerk while stretching. Do each stretch at least 3 times. Breathe regularly, do not hold your breath.

Explain to clients that stretching their muscles before they are warmed up may result in injury.

## Giving clients tips on Stretching when Exercising

#### Stretching

- Stretching exercises will facilitate more freedom of movement to do the things they need to do and the things they like to do. Stretching exercises alone will not improve their endurance or strength.
- Stretching should never cause pain, especially joint pain. If it does, this is an indication that something is wrong incorrect technique, a medical condition, etc. Feeling mild discomfort or a mild pulling sensation is normal. If they are feeling severe pain they should stop immediately.
- Never "bounce" while stretching; make slow, steady movements instead. Jerking can cause muscles to tighten, possibly resulting in injury.
  - Avoid "locking" joints when stretching. They should always have a very small amount of bending in their joints while stretching. Push them to stretch further, but not so far that it hurts.
    - Stretching th joints involves slow rotation and bending e.g. Rotating the ankles and wrists, bending the arms and knees, rolling your shoulders forward and backward. This will allow the body's natural lubrication to protect the joints. for this to be effective each 10 minutes bout must be done continuously each time. Choose a method that best fits into your daily routine that you can be achieved.

# Giving clients tips on how to cool down after an Exercise Session



#### **Cooling** down

- The purpose of cooling down is to gradually return the heart rate and blood pressure to resting or pre-exercise levels. This is to avoid blood pooling, muscle cramps and dizziness.
  - This consist of 5-7 minutes slow walking or slow jogging followed by the same stretching that was done for warming-up.
  - Remind clients to breathe regularly and rhythmically. They should not hold their breath.



### **How to Stretch**



**Stretches side of neck** Stand or sit straight with arms dangling and relax at their sides.

Twist head sideways to the left or right or right to left. Hold each stretch for 5 seconds

Repeat 1-3 times.



**Stretches back of neck** Stand or sit straight with arms dangling and relax at their sides.

Bring the head gently tilt head forward and backward to stretch back of and front of the neck. Hold for 5 seconds.

Repeat 1-3 times.

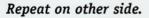




#### Stretches side of shoulder and back of upper arm.

Stand or sit in an upright position, place left hand on right shoulder gently pull with left hand right elbow across chest toward left shoulder and hold for 10 to 15 seconds.







Stretches shoulder, middle back, arms, hands, fingers, and wrist.

Interlock fingers with palms facing out. Gently extend arms in front at shoulder height.

Hold for 10 to 20 seconds, relax, and repeat.

## PHYSICAL ACTIVITY DAILY GUIDE



Stretches triceps, top of shoulders, waist With knees slightly bent. Stand or sit with arms overhead. Hold elbow with hand of opposite arm. Gently pull elbow behind head slowly leaning to right side until the stretch is felt. Hold

Repeat on the left side.

for 10 to 15 sec.





**Stretches middle back** Stand with knees slightly bent hands on hips. Gently twist the upper body to right side until stretch is felt.

Hold for 10 to 15 sec.

Repeat on left side.



#### Stretches calf

Stand a little distance from wall with right foot in front bent at the knee, the left leg straight behind you. Feet flat on the ground with toes straight in front. Gently move hips forward until you feel stretch in calf of left leg. Hold easy stretch for 10 to 20 seconds.

Do not bounce. Do not hold breath. Repeat on other side.



(quadriceps) Stand a little distance from wall. Stand straight, hold right foot with left hand. Pull heel toward buttock hold for 10 to 20 sec

Repeat on other side.

N.B place hand on wall for *support* if needed.



Stretches inner thigh, groin Stand with feet a bit wider than shoulder. Bend the right knee slightly and move left hip downward toward right knee. Hold for 10 to 15 seconds.

N.B hold on something for support if needed.



Stretch lower back, side of hip, and neck. Sit on floor with left leg straight out in front. Bend right leg, cross right foot over, place outside left knee. Bend left elbow and rest it outside right knee. Place right hand behind

hips on floor. Turn head over right shoulder, rotate upper body right.

Hold for 10 to 15 seconds.

Repeat on other side. Breath in slowly.



Stretches side of hip and Hamstrings Sit on floor with both legs straight out in front. Slowly bend left leg, cross left foot over, outside of right knee. Gently pull left knee across body toward opposite shoulder. Hold for 10 to 20 seconds.

## Repeat on other side. Breathe slowly.



Stretches back of leg and lower back. Sit on floor, legs straight out at sides then bend right leg at knee while leg still on the ground at comfortable reach with right leg bent at knee. Slowly lean forward at the hips toward left foot that is straight until you feel slight stretch. Hold stretch for 10 to 20seconds.

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#### Repeat on other side.

Keep the foot of straight leg in an upright, position with ankles and toes relaxed. Keep a steady posture do no dip head forward or bounce.



#### Stretches shoulders, arms, hands, feet and ankles

Lie flat on back with arms extended overhead, keep legs straight. Reach arms and legs in opposite directions.

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#### Stretch for 5 sec, relax.



## **APPENDIX**



### **Physical Activity Record Sheet**

Explain to clients the need to stretch appropriately before and after walking.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satutday
Example	5 min.	10 min.	10 min.	10 min.	15 min.	15 min.	15 min.
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							



#### Information, Educational and Communication Materials





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**EXERCISE TIPS** 

KEEP IT

EXERCISE & CALORIS CULOR & CU

Fitness Facts Calories burned per 1 hour				
EXERCISE	AMOUNT			
Walking	245			
Bicycling	420			
Jogging	490			
Running	560			
Circuit Training	565			





60 MINUTES (CHILDREN) AND 30 MINUTES (ADULT) OF PHYSICAL ACTIVITY EACH DAY ALONG WITH HEALTHY EATING CAN LOWER YOUR RISK OF NON-COMMUNICABLE DISEASES (NCDs) SUCH AS DIABETES, HYPERTENSION AND CERTAIN CANCERS.

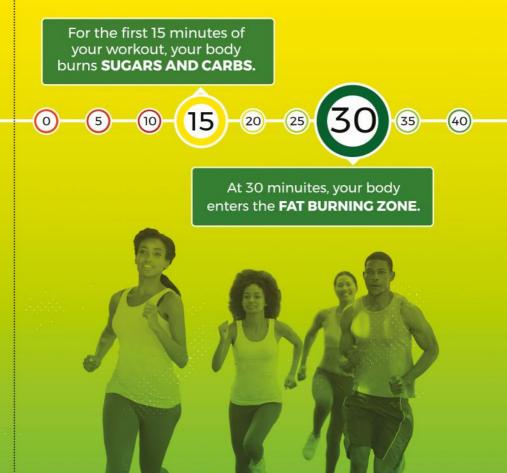
Visit your doctor/local health centre or call 876-633-8172



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## **DID YOU KNOW?**



# **KEEP PUSHING!**



Visit your doctor/local health centre or call 876-633-8172 🧧 F 🍠 🖁

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## EXERCISE & CALORIE GUIDE

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	and the second							
	CALORIES BURNED IN 30 MINUITES							
ACTIVITY	100 LBS.	120 LBS.	140 LBS.	160 LBS.	180 LBS.	200 LBS.	220 LBS.	240 LBS.
	115	147	173	195	225	246	271	249
	169	203	237	256	290	327	365	400
BICYCLING (MODERATE - 13MPH)	180	216	252	288	324	360	396	432
RUNNING	180	216	252	288	324	360	396	432
RUNNING	225	270	315	360	405	450	495	540
	285	342	395	450	503	559	614	668
STATIONARY CYCLING (MODERATE)	158	189	221	252	284	315	347	378
STATIONARY CYCLING (VIGOROUS)	236	284	331	378	425	473	520	567
SWIMMING (LOW FREESTYLE)	180	213	247	283	318	354	387	417
SWIMMING (VIGOROUS FREESTYLE)	218	263	305	349	393	446	480	528
TENNIS (SINGLES)	180	216	252	288	324	360	396	432
	135	162	189	216	243	270	297	324
WALKING (LOW - 2MPH)	61	74	89	101	114	127	140	153
WALKING (MOD - 3MPH)	91	108	129	143	160	180	196	213
WALKING (VIGOROUS - 4MPH)	118	140	161	186	210	235	257	278
	180	216	252	288	324	360	396	432
WEIGHT TRAINING (FREE WEIGHTS)	125	150	175	201	225	250	276	300
	86	105	121	139	156	174	192	209



for Health Care Providers

## **Fitness Facts** Calories burned per 1 hour

EXERCISE	2	AMOUNT
Walking		245
Bicycling		420
Jogging	BA	490
Running	*	560
Circuit Training (minimal rest)		565
Aerobics (step aerobics)		600
Karate/Kickbox	ing	705

Estimated amount of expanded calorie based on a sample of body weight of 155 lbs.

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Visit your doctor/local health centre or call 876-633-8172



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