

Tips for Staying Active as Adults

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What is Physical Activity?



Bodily movement produced by skeletal muscles that results in energy expenditure (Caspersen et al., 1985).

Regular and adequate levels of physical activity (PA) in adults are key contributors to energy expenditure and are essential for energy balance and weight control (WHO, 2016).

PA has been shown to reduce the risk of cardiovascular diseases and other chronic diseases, including diabetes mellitus, hypertension, obesity, cancer (colon and breast) and osteoporosis (Caspersen et al., 1985).

Three main components



- **Occupational Work: Activities undertaken during the course of work.**
- **Household and other chores : Activities undertaken as part of day to day living.**
- **Leisure-time physical activity: Activities undertaken during individual's discretionary or free time.**
 - **Exercise : a planned and structured subset of leisure-time physical activity for improving or maintaining physical fitness**
 - **Sports : involves competition and embraces general exercise and a specific occupation .**

(Source: Malaysian Dietary Guidelines, 2010).

Physical Inactivity / Sedentary Activity



A state when body movement is minimal and energy expenditure approximates resting metabolic rate

Refers to participation in physically passive behaviours

E.g. television viewing, reading, working on computer, talking with friends on the telephone, driving a car or eating

(Source: Malaysian Dietary Guidelines, 2010).



Physical Activity Recommendation



According to WHO guidelines (2010), adults aged 18 to 64 years should perform at least :-

150 min/week of moderate-intensity aerobic PA

or

75 min/week of vigorous-intensity aerobic PA

or

an equivalent combination of moderate and vigorous intensity PA



Physical Activity Recommendation



Various types, amounts and intensities of PA are needed for different health outcomes.

A person who engages in regular PA of moderate intensity for a duration of 30 minutes or more on most days of the week has a lower risk for cardiovascular disease, diabetes, colon cancer and breast cancer.

To control body weight and to prevent unhealthy weight gain in adulthood, approximately 60 minutes of moderate-to vigorous-intensity PA in a day preferably all days per week may be needed (Haskel, 2007)

Physical Activity's Pyramid



Source:
Malaysian Dietary
Guidelines, National
Coordinating
Committee on Food
and Nutrition,
Ministry of Health
Malaysia, 2010)



Conclusion



Get Active!!!

Let's move more for better health.

References



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Thank you

