

Where to get help?

Talk to your family doctor or general practitioner (GP) before starting any new physical activity.

If you have any questions, call the Health Line at **1800 223 1313** to speak to a Nurse Advisor (available in 4 languages).

For more information, visit the Health Promotion Board website at **www.hpb.gov.sg**

Physical Activity — a Key to Healthy Ageing





Being physically active is important for a healthy and independent life. Being active keeps your heart and your muscles strong, and helps you with your daily activities.

Getting the recommended amount of physical activity is not as difficult as you think! Besides setting aside time for leisure activities, you can easily include physical activity into the things you do everyday.

How Much Physical Activity Do You Need?

Aerobic Activity

Examples of aerobic activity – brisk walking, cycling, line dancing and ballroom dancing.

Aim for at least 10 minutes of moderate intensity aerobic activity each time you exercise and accumulate a total of at least 150 minutes spread throughout the week.

Moderate-intensity aerobic activity will increase your breathing and heart rate so that you are still able to talk while exercising, but are not able to sing.

Muscle Strengthening Activity

Examples of activities that strengthen muscles – working out using gym machines, dumbbells, resistance bands, and body weight exercises, such as wall push-ups, squats and calf raises.

Aim to do muscle strengthening activities on two or more days a week to work on all major muscle groups in the legs, hips, back, abdomen, chest, shoulders, and arms.

Balance Exercises

Examples of exercises that improve balance – tai chi, qigong, backward walking, sideways walking, heel walking, toe walking, and standing from a sitting position.

Aim to do exercises that improve balance on a few days each week.



Physical Activity is Fun

Here are some practical and fun ways to stay physically active:

- **Daily Housework**

- Mopping the floor
- Washing the car
- Gardening
- Carrying groceries

- **Active Commuting**

- Brisk walking to and from the market or grocery store
- Cycling to the Mass Rapid Transit (MRT) station
- Using the stairs instead of the escalator and lifts in the MRT stations



How to Stay On Track

- Add variety to your physical activity – do different activities each day or each week. Choose alternative low-impact activities like swimming or water-aerobics if you have difficulties doing regular exercises.
- If you have had to take a break from your regular physical activity routine for a short while because of an illness, start again at a lower level and gradually increase to your usual level of activity.