

# **Physical Activity**

## **A. Mobile**

# Small steps to a better life

Once you get into regular physical activities – even by starting small at first – your health will benefit in many ways.

*Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!*



## Take at least 10,000 steps every day

Gradually increase your daily step count. You can use a pedometer (step-counter) or download an app to calculate the number of steps you take per day.

### I want to

- Achieve **3,000 steps** on most days
- Achieve **5,000 steps** on most days
- Achieve **10,000 steps** on most days



## Use the stairs

Find it hard to increase your activity level? Choose the stairs instead of the escalator or elevator to enjoy a fitness boost.

### I want to

- Climb **the stairs or escalator**, whenever possible
- Climb **1 or 2 floors** every day
- Climb at least **3 to 4 floors** every day, if tolerable
- Achieve **10,000 steps** on most days



## Limit sitting time

Break up long sitting hours by not sitting continuously for more than 1 hour.

### I want to

- Stretch my arms and legs after **1 hour** of sitting
- Stand up and walk around for **1 minute**, for every **1 hour** of sitting

### Check with your doctor if

- Your general health is good enough to undertake more strenuous exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.