

# PHYSICAL ACTIVITY

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***Physical Activity is for everyone. It is generally defined as any bodily movement that uses up energy, this includes for example walking, gardening, climbing stairs, or dancing.***

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For Physical Activity to affect health in a positive way it should be moderate to vigorous in intensity.

<b>MODERATE PHYSICAL ACTIVITIES</b>	<b>VIGOROUS PHYSICAL ACTIVITIES</b>
<ul style="list-style-type: none"><li>- Briskly walking</li><li>- Bicycling</li><li>- Dancing</li><li>- Water aerobics</li><li>- Gardening</li><li>- better foundation of fundamental movement skills</li><li>- develops better "game sense"</li></ul>	<ul style="list-style-type: none"><li>- Running/jogging</li><li>- Fast walking</li><li>- Fast bicycling</li><li>- Heavy yard work</li><li>- Swimming (butterfly, freestyle)</li><li>- Aerobics</li><li>- Competitive team sports</li></ul>



***Light Physical Activities such as grocery shopping, household chores, walking at a casual pace or slowly walking an elderly dog do not count towards meeting recommended Physical Activity needs.***

The WHO recommends that children between 5 and 17 years should do at least 60 minutes of vigorous intensity physical activity on a daily basis. These physical activities should include activities that strengthen muscle and bone at least 3 times per week.

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For adults aged between 18 and 64 years the WHO recommends to do at least 150 minutes of moderate intensity physical activity during a week, or at least 75 minutes of vigorous intensity activity during a week. A combination of moderate to vigorous intensity physical activity can also be performed. Longer bouts of physical activity at the moderate or vigorous intensity level will provide additional health benefits. Muscle-strengthening activities involving the major muscle groups of the human body should take place at 2 or more days during the week.

<b>BENEFITS OF PHYSICAL ACTIVITY</b>	<b>LACK OF PHYSICAL ACTIVITY</b>
	
physical health	high blood pressure
improve muscular and cardiorespiratory fitness	weight gain
motor skill development	excess body fat
improve bone and functional health	bad cholesterol
psychological well-being	respiratory difficulties
cognitive development	cardiovascular diseases
social competence	bone health problems
emotional maturity	underdeveloped physical literacy

*Physical activity has many benefits such as lowering the risk of cardiovascular disease, type-2 diabetes, obesity, various cancers, as well as mental health issues.*