

# WHAT IS PHYSICAL ACTIVITY

Physical activity is any activity that you may do that helps to improve or maintain your physical fitness as well as your health in general



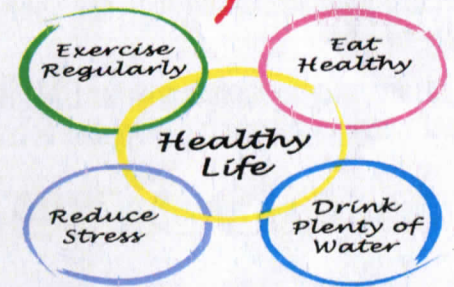
HEALTHY LIFESTYLE

Advised by- Dr.R.Surenthirakumaran,  
Department of community and  
Family Medicine,  
Faculty of Medicine,  
University of Jaffna.

Assisted by-  
W.M.Virajini, Medical Student,  
Faculty of Medicine,  
University of Jaffna.

Sponsored by- Lion's club ( Udundora)

# Physical Activities For A Healthy Life



Published by-  
Health Educational Material  
Production Unit,  
Department of Community Medicine,  
Faculty of Medicine,  
University of Jaffna.



# Do You Aware About Aour BMI Value.... ???

BMI is a value which calculates your Body Mass Index. You can calculate it in yourself.

$$BMI = \frac{\text{Weight(kg)}}{\text{Height}^2(\text{m}^2)}$$

BMI value	status
< 18.5	Underweight
18.5 – 24.5	Normal
24.5 – 30	Overweight
>30	Obese

## What is the importance of maintaining this BMI value in the normal range.

- For a healthy life
- For the balance between calorie intake and expenditure
- To reduce the risk factors of certain diseases (Diabetes, Hypertension, Heart attack and etc..)
- To reduce your stress and increase your quality of life

The easiest way to maintain your BMI in the normal range is practicing physical activities.

# Exercise!



## The Poor Man's Plastic Surgery!

The above statement give you two ideas. No need to expend money and that will increase the quality of the life.

# Pay Your Attention On This...

Get the advantage of your day today activities..

- Get use to walk small distances rather than using a vehicle.



- Do a important physical activity in your free time rather than sitting or sleeping.
- Get use to play (eg: volleyball, football.. etc)
- Reduce the usage of machines for your day today works(eg; use hands to wash cloths

## Moderate Intensity Physical Activities.

- Speed walking
- Dancing
- Day today works such as gardening, Washing clothes..
- Walking by lifting less than 20 kg.
- Walking with your pet dogs.



**WALKING IS YOUR HEALTH'S BEST FRIEND.**

# Vigorous Physical Activity

- Running
- Speed climbing of mountains
- Swimming
- Speed cycling
- Football and Netball



By doing high intensive activities, you will feel your heart beat.

for school children

Moderate intensive activities  
30 min per a day (5 days for a week.)

OR  
High intensive activities, parallel intermediate and high intensive activities,  
20 min per a day (3 days for a week)

