

Initiation of short exercise breaks at work place settings

A decision was made at the NCD council to promote active breaks at the Ministry of Health at 10am and 3pm via a public announcement. A focal point was selected from each department under the Ministry of Health and they were trained on the steps and position by the Sports and Exercise Medicine Registrars on April 20th as an initiative to decrease sedentary behavior and promote healthy lifestyle. This was initiated by Directorate of NCD in collaboration with Sri Lanka Sports Medicine Association.

