

## Physical activity promotion through mass media

A two hour program named “Katha Ministry” was a live discussion conducted in Sinhala medium, on the theme “Suwa diwiyakata kriyaashili divi pewethak” (active lifestyle for a healthy life). Dr.Thanuja Wickramarachchi (Registrar in Community Medicine) and Dr.Jayathi Anupama, (Registrar in Sports and Exercise Medicine) attended the radio program which was broadcast through V Fm on 07.04.2022.

The event commenced with the definition of “Health” and discussed types of physical activity, definition of sedentary behavior, recommendations according to the World Health Organization, risk of physical inactivity and benefits of physical activity. Practical approaches to incorporate physical activity in the daily routine were explained with examples.

