

# Physical Activity Promotion Month – April 2022

## “Move more Month”

Globally 1 out of 4 adults does not engage in recommended level of physical activity (WHO).

STEPS survey, Sri Lanka, conducted in 2015 revealed that 1 out of 3 adults (18-69years) are physically inactive.

Study carried out in Western province, Sri Lanka in 2018 has found 1 out of 3 adolescents (10-19years) are physically inactive.

### Recommendations levels of physical activity (WHO).

**Adults** should do at least 150– 300 minutes of moderate-intensity; or at least 75–150 minutes of vigorous intensity aerobic physical activity across the week

**Children and adolescents** should do at least an average of 60 minutes per day of moderate to vigorous-intensity, mostly aerobic, physical activity, across the week.

**Pregnant mothers** should do at least 150 minutes of moderate intensity aerobic physical activity throughout the week.

### Risks of physical inactivity

- Premature death
- Type 2 diabetes
- Cancers
- Increased blood cholesterol levels
- Increased blood pressure
- Heart attacks and stroke

### Benefits of physical activity

- Lowers the risk of premature death
- Reduces the risk of a heart attack or stroke
- Manages weight better
- Lowers blood cholesterol level
- Lowers the risk of type 2 diabetes
- Lowers blood pressure
- Lowers the risks of cancers of bladder, breast, large intestine, inner layer of the uterus, esophagus, stomach, kidney, and lung
- Strengthens bones, muscles, and joints
- Lowers risk of developing osteoporosis
- Lowers risk of falls and hip fractures
- Improves arthritis
- Recover better from periods of hospitalization

Reference: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

### Physical Inactivity

Engaging in physical activity less than the recommended level for age categories.  
It results in 20% to 30% increased risk of death.

### Sedentary Behavior

Refers to certain activities in a reclining, seated, or lying position requiring very low energy expenditure ( $\leq 1.5$  METs)

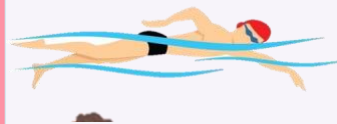
### Moderate intensity physical activity

- Brisk walking
- Cycling
- Aerobics
- Dancing
- Gardening
- Hiking



### Vigorous intensity physical activity

- Running
- Swimming
- Riding a bike fast or uphill, walking up the stairs
- Sports, like football, rugby, netball, and hockey
- Skipping
- Aerobics
- Gymnastics
- Martial Arts



Physical Activity

Improves cognition - better thinking, learning, and judgment skills

Makes you feel better – with more energy, a better mood, feel more relaxed and better sleep

Gives a healthier state of mind – improved mental health



Directorate of Non Communicable Diseases  
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