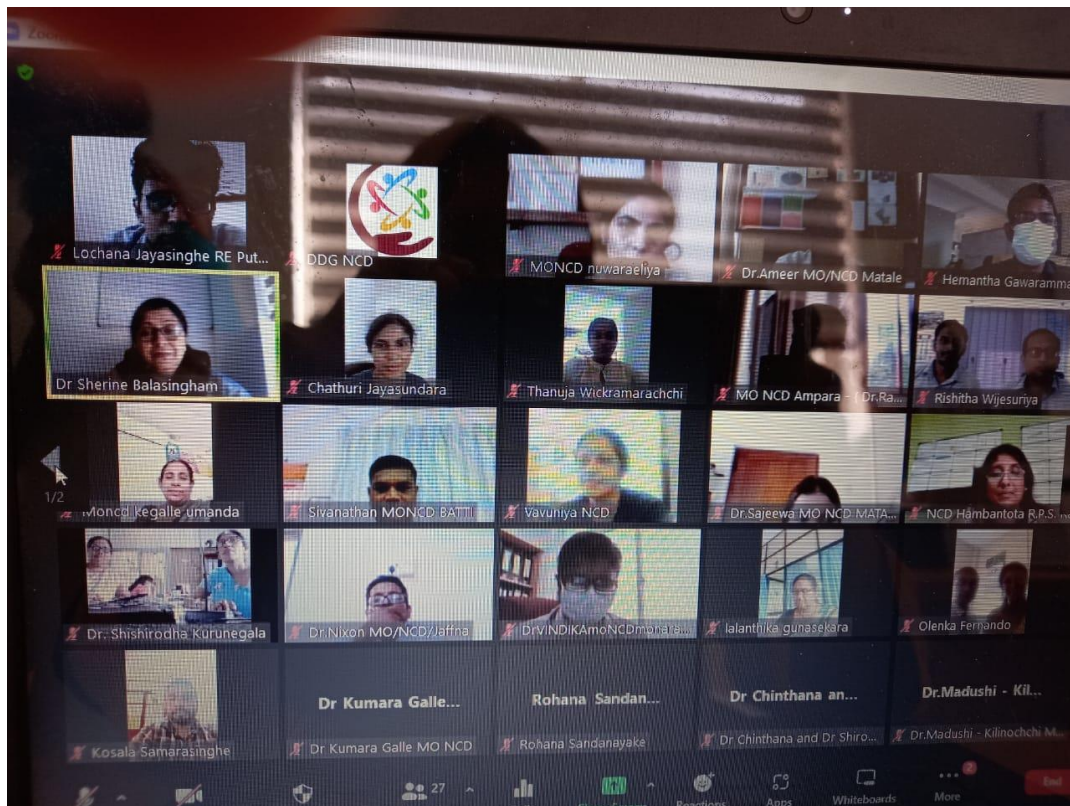
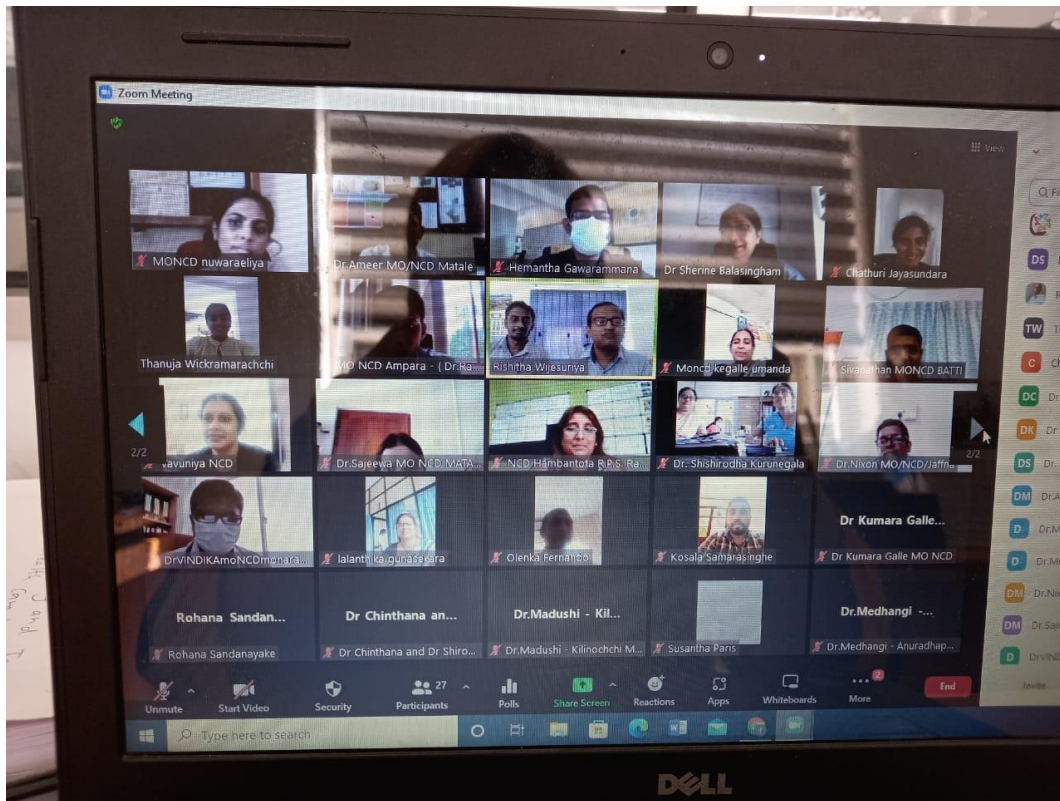


Online Training on Promotion of physical activity for Medical Officers (Non-communicable Diseases)

An online Trainer of Trainer session was conducted on 10.06.2022 from 1.30p.m. – 3.30p.m. in order to train Medical Officers (Non-communicable Diseases) at district level based on the guideline on 'Promotion of physical activity in primary health care – Facilitator guide for training of trainers' session'. Consultant Community Physicians attached to Offices of Provincial Directors of Health Services and Regional Directors of Health Services were invited to join the programme which would support supervisions conducted by them. It was conducted by Registrars in Sports and Exercise Medicine (Dr. Rishitha Wijesuriya and Dr. Pethum Herath) attached to Directorate of Non Communicable Diseases under the guidance of Dr. Vindya Kumarapeli, Director(NCD) and Dr. Sherine Balasingham, Consultant Community Physician.

Training was initiated with a brief introduction to physical activity and exercise explaining the definitions, benefits and the method of assessing the fitness for exercises using physical activity readiness questionnaire(PAR-Q). Universal exercise module was explained which is composed of 5-10 minutes of warm up session, stretching exercises, 20-60 minutes of work out (Strength, endurance, flexibility, balance and coordination followed by cool down session with stretching and breathing techniques. It was successfully completed empowering Medical Officers (NCD) to train their staff in Healthy life style centers to promote physical activity in the community setting.





Promotion of Physical Activity in Primary Health Care Facilitator Guide for Training of Trainers' Session



