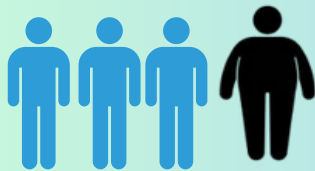


Physical Activity Month – April 2023

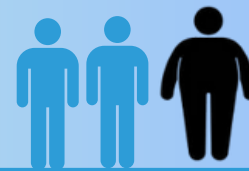
Recommendations for physical activity levels by the World Health Organization

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

According to World Health Organization 1 out of 4 adults does not engage in recommended level of physical activity.



STEPS survey 2021, in Sri Lanka revealed that 1 out of 3 adults are physically inactive.



Benefits of physical activity

- Lowers risk of premature death
- Reduces risk of a heart attack or stroke
- Manages weight better
- Lowers blood cholesterol level, risk of type 2 diabetes and blood pressure
- Lowers risk of cancers
- Stronger bones, muscles and joints
- Lowers risk of falls
- Healthier state of mind - more energy, a better mood, feel more relaxed
- Improves cognition - better thinking, learning, and judgment skills

Let's allow our children to play more



Let's be active at work



Let's walk to be healthy

