

Adults aged 18-64

should do at least

150 minutes of moderately intense physical activity

throughout the week or at least 75 minutes of vigorous- activity throughout the week or an equivalent combination of moderate- and vigorous activity.

All physical activity should be performed in bouts of at least 10 minutes duration.

Globally,

6% of deaths
are attributed to
physical inactivity.

This follows high blood pressure

(13%), tobacco use

(**9%**)
and is equal to
high blood glucose

(6%).

Global and Philippine Data/ Fact Sheet

Physical Inactivity is responsible for:

3.2 million deaths annually

more than 20% of breast and colon cancers

1111 27% of diabetes cases

30% of ischaemic heart diseases

leading cause of deaths

Based on the results of the **2008 National Nutrition Survey:**

- Impaired and high fasting blood sugar increased with age
- Prevalence of high total cholesterol averaged 7% for men and 13% for women.
- Women are almost twice more likely to be obese than men.
- Prevalence of obesity was highest among men in the 30's and 40's and among women in the 40's and 50's.
- Less than 1/4 of adults had work related physical activity, with little variation by gender and age group.

The Filipino Pyramid Activity Guide

Recommendation for total health

Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can.

Do day to day activities habitually and regularly for metabolic efficiency.

10 minutes at a time for

minutes a day at least

5 days a week

Minimally

ia few times a month) Sit lie around

Be a couch potato

Watch TV

Sit and do needle work

Indulge in computer games and surfing.



Leisure Activities

Go Mall - strolling Play Golf Go Bowling

Often

(2-3 times a week at least 30-45 minutes or longer)

Exercise for Strength & Flexibility

stretching Yoga

Tai Chi

Resistance Training



Aerobic Exercise

Brisk Walking Running/Jogging Bicycling Aerobic Dancing Swimming Aero-Kick Boxing

Regularly

(3-5 times a week at least 30-45 minutes or longer)

Recreational Activities
Ballroom Dancing

Badminton, Basketball, Softball

Skating, Roller Blading

Tennis



(as often as possible)

Taking the stairs instead of the elevator
Taking longer routes
Walking to the store, church or banks

Parking your car farther away

Aiding extra steps to your daily routes Taking stretch breaks at home or work

Doing household chores

Running errands
Grocery Shopping



7th National Nutrition Survey: Philippines, 2008: Initial Results



http://www.who.int/features/factfiles/physical_activity/facts/en/index.html

http://www.who.int/dietphysicalactivity/pa/en/index.html

Philippine Association for the Study of Overweight and Obesity (PASOO)

CHANGE is a comprehensive workplace health and wellness campaign under the Fit.Live Young.

Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.















