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Global and Philippine Data/ **Fact Sheet** Exercise

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%).**

Physical Inactivity is responsible for:

➡ **3.2 million deaths** annually

➡ **more than 20%** of breast and colon
cancers

➡ **27%** of **diabetes cases**

➡ **30%** of **ischaemic heart diseases**

4th

leading cause of deaths
worldwide

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.

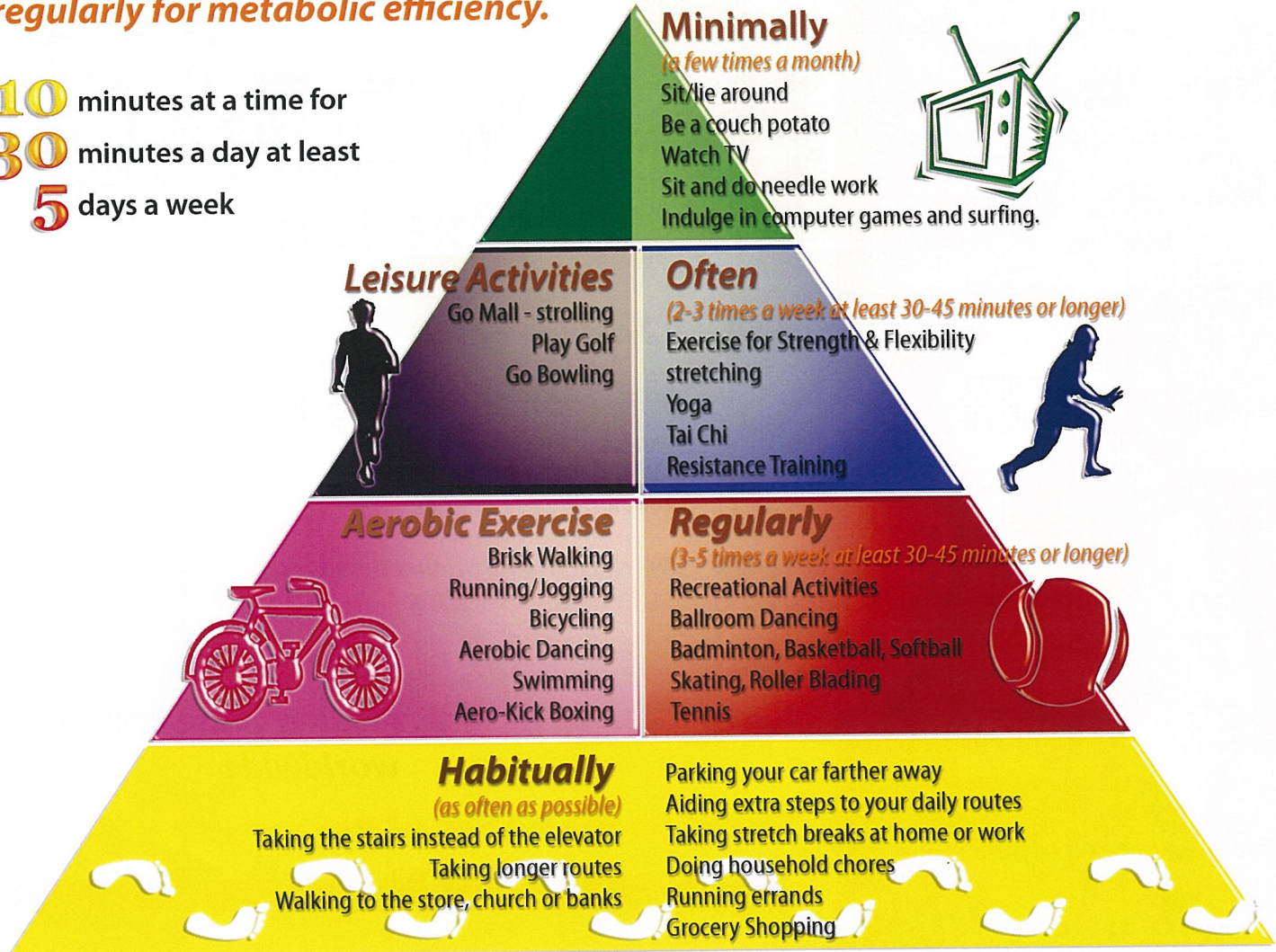
The Filipino Pyramid Activity Guide

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
30 minutes a day at least
5 days a week



Sources:

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 **iFLY 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.

