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.

- **Minimally (a few times a month)**
  - Sit around
  - Be a couch potato
  - Watch TV
  - Sit and do needle work
  - Indulge in computer games and surfing.

- **Often (2-3 times a week at least 30-45 minutes or longer)**
  - Exercise for Strength & Flexibility
  - Stretching
  - Yoga
  - Tai Chi
  - Resistance Training

- **Regularly (3-5 times a week at least 30-45 minutes or longer)**
  - Recreational Activities
  - Ballroom Dancing
  - Badminton, Basketball, Softball
  - Skating, Roller Blading
  - Tennis

- **Habitually (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

Sources:

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


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

CHANGE is a comprehensive workplace health and wellness campaign under the Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.