

Exercise should increase the heart rate. Household activities like sweeping, cleaning, washing, dusting, etc. do contribute to physical activity. However, doing only such household work alone may not meet the daily requirements.

Advice on physical activity should be given according to the occupation and life style of individuals. For example, those who spend long hours in strenuous physical work such as working in the fields or as labourers, or carrying heavy loads may not need to engage in further physical activity.

Please Note: People suffering from heart problem, person with disabilities, pregnant women, or lactating women, and those with other health issues may need to do different amount and types of exercises to suit their condition. They should receive advice on this from the nurse or the Medical Officer at the PHC.

Yoga

Yoga is a popular form of physical exercise based upon *asanas* (physical postures), breathing techniques and meditation

Health Benefits of Yoga

- Improves balance and flexibility.
- Increases muscular strength and blood circulation.
- Improves breathing.
- Reduces lower back pain.
- In addition to taking regular medicine, yoga can help in the management of diabetes, respiratory/breathing disorders, and other lifestyle related disorders.
- It helps to reduce depression, tiredness, anxiety/nervousness disorders and stress.



Enabling Adequate and Regular Physical Activity in your Community



Members of a Self-Help Group in Tamil Nadu decided that they would meet every day at 7 pm when they had finished their household chores. Together they would walk to the village boundary which is nearly 2 km away. They also learnt yoga from a TV show and practiced it three times a week.

As seen from this example, given below are some ideas for people who do not engage in regular physical activity:

- Choose an activity that fits into daily routine.
- Find time for exercise and make it a routine.
- Exercising in groups improves motivation to exercise.