

Physical Activity

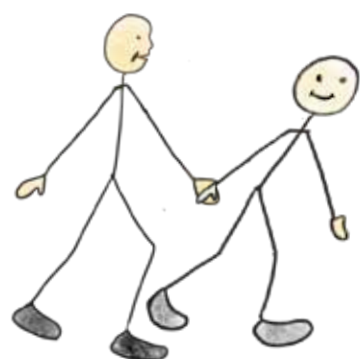


Physical activity has a positive impact not only on physical health, but also on mental health of an individual. Regular physical exercise helps in the release of chemicals in the brain that are associated with pleasure.

Do engage in some physical activity each day.

People like to engage in different kinds of physical activities that include:

- Walking
- Jogging/ running
- Swimming
- Cycling
- Going to gym
- Dancing



- Exercising like aerobics, pilates, yoga, strength training
- Playing an outdoor sport like cricket, football, tennis, badminton

Tips:

- If the patient is not doing any physical activity right now and is finding it difficult to start one, then you can encourage them to begin with walking. Many people have found it easier to start with.
- In case the patient finds it difficult to do a physical activity over long intervals of time, he/she can always engage in the activity for smaller intervals multiple times during the day. For instance:
- A 30 minutes continuous walk can be replaced by 10 minutes walk, 3 times during the day.
- He/she should try and perform the physical activity outdoors.

- In case he/ she finds it difficult to go outside for a walk, he/ she can walk inside the house, on the verandah, to the market etc.
- In case he/ she is walking inside a room of the house, the average length of a room is 12 feet, which can be covered in 8-10 steps. Taking 1250 steps or 125-150 rounds in a room for 15 minutes will be equivalent to about 1 kilometer. Walking for 30 minutes each day will be equivalent to about 2 km.
- Walking at a brisk pace for about 30 minutes in a park/ home/ verendah/ market will be equivalent to about 3 kilometers.
- Walking at brisk pace means walking at a speed when one is mildly sweating and can feel his/ her heart pounding.

- Simple exercises like climbing stairs, skipping rope, jumping etc are beneficial and should be engaged in.
- You can get involved in the exercise routine for his/ her motivation.

