

# Physical Activity

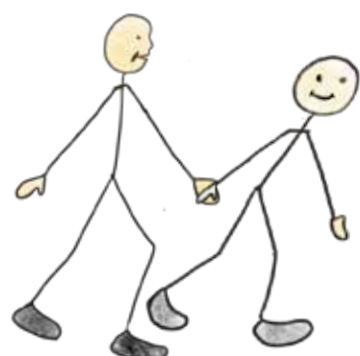


Physical activity has a positive impact not only on physical health, but also on mental health of an individual. Regular physical exercise helps in the release of chemicals in the brain that are associated with pleasure.

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
- Any other physical activity that you would like to add.

Choose the physical activity that you would like to engage in and mark it as done (✓) once you have completed the activity for the day.

### **Tips:**

- If you are not doing any physical activity right now and finding it difficult to start one, then you can begin with walking. Many people have found it easier to start with.
- In case you find it difficult to do a physical activity over long intervals of time, you 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.**

- Try and perform the physical activity outdoors.
- In case you find it difficult to go outside, or a walk, you can walk anywhere such as inside your house, on the verandah, to the market etc.
- In case you are walking in your 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 in a park/ home/ verendah/ market for about 30 minutes will be equivalent to 3 km.

- Walking at a brisk pace means walking at a speed when you are sweating mildly and can feel your heart pounding.
- Simple exercises like climbing stairs, skipping rope and jumping are beneficial and should be engaged in.
- You can involve your family members/ friends in your exercise schedule to keep yourself motivated.

