



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

Promotion of physical Activity

Engage in 30 minutes of physical activity everyday

Why should we engage in physical activity?

Preventable chronic diseases such as cardiovascular disease, stroke, diabetes, cancers and respiratory diseases – as well as obesity and overweight problems – are now the major causes of death and disability worldwide.

What can I do to engage in physical activity?

- It is always better to exercise with friends, family or your local community physical activity group, for support and motivation to stay healthy
- Exercise for at least 30 minutes a day for or at least, 3-4 times a week;
- Choose a form of exercise that you enjoy;
- Exercise in groups to gather support and to stay motivated;
- Start an exercise group in your community;
- Walk briskly everyday
- Walk up stairs instead of taking the lift;
- Take a walk during lunch breaks and after supper
- Play active games
- Dance, cycle, swim and jump to stay healthy.

What are the benefits of physical activity?

- Reduces the risk for heart disease and stroke
- Helps manage high blood pressure
- Helps reduce and control weight
- Helps to cope with stress and to release tension
- Gives more energy
- Improves self-image
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children
- Counters the conditions like high blood pressure that may lead to a heart attack and stroke, later in life
- Helps people to delay and prevent chronic illnesses and diseases associated with aging, and helps maintain good quality of life