

General Recommendations for Physical Activity



Prevention and Health Education Unit
Prepared by Licensed Health Educators

Objectives

Mention the health benefits of physical activity.

Understand the basic exercise recommendations for each age group.

Identify the proper ways and precautions needed to engage in physical activity safely.



Introduction

Being physically active is very important for maintaining good health at every stage of life.

- It's not only intense sports that count. Simple movements we do every day also matter, such as:

Dancing

Walking

Climbing stairs

Stretching

Why is physical activity important?

- Physical activity not only strengthens the body.
- It also improves mental well-being.



Physical Health Benefits

Strengthen the heart and improve circulation

Reduce the risk of chronic diseases

Maintaining a healthy weight

Strengthen muscles and bones

Prevent muscle loss

Mental Health Benefits

Reduces stress and anxiety

Increases energy levels

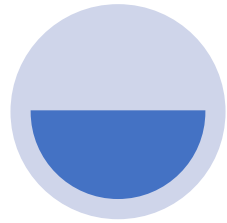
Improves mood

Increases concentration

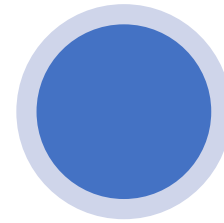
Improves sleep quality



General physical activity recommendations for adults



150 minutes of moderate physical activity



75 minutes of intense activity



Include strength-training exercises at least **twice a week**.

General recommendations for physical activity in children and adolescents

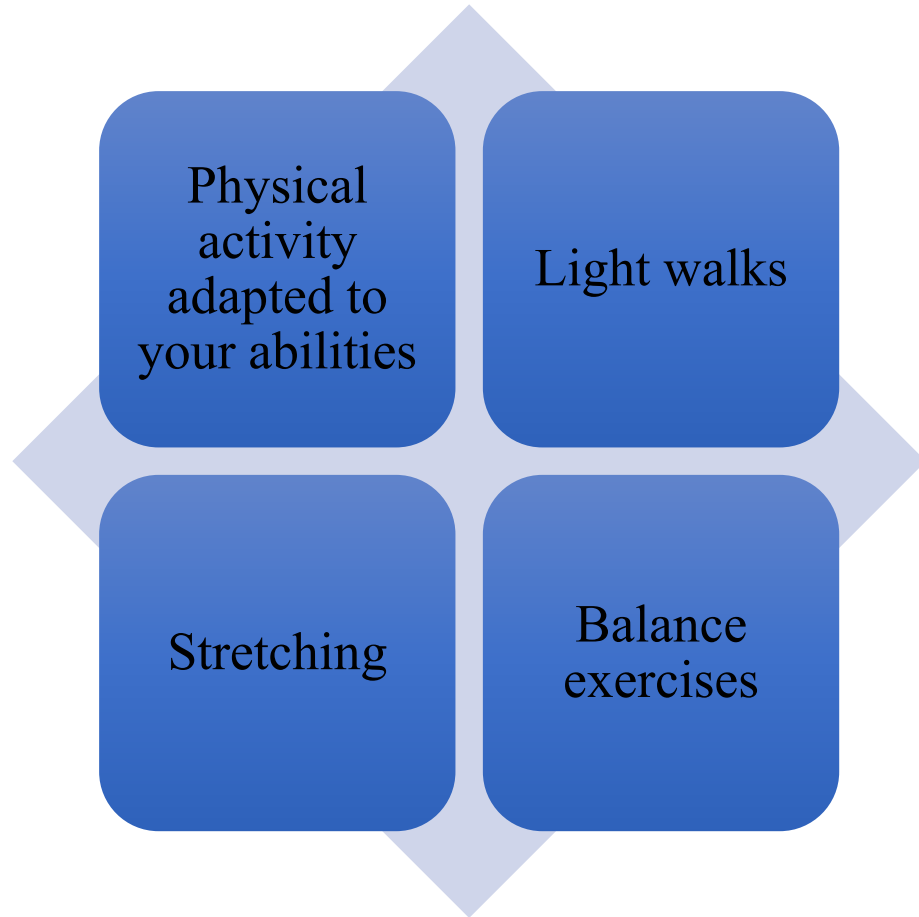
At least 60 minutes of physical activity every day.

This may include:

1. Games
2. Sports
3. Activities



General recommendations for physical activity in the elderly or people with limited mobility



Types of physical activity

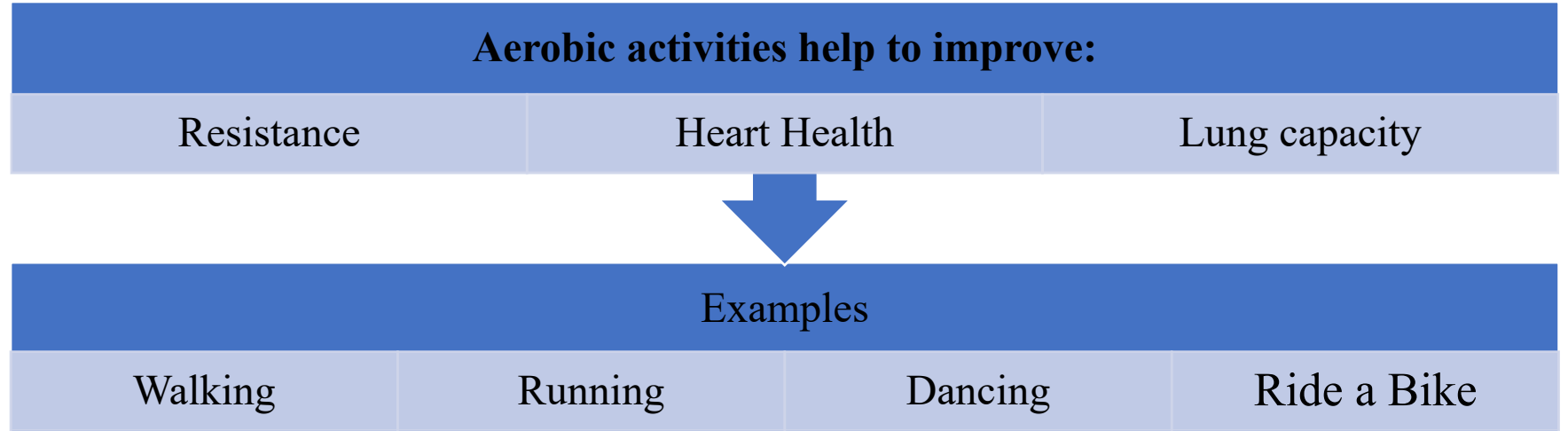


There are different types of physical activity, and all of them provide benefits.

The main ones are:

- Aerobic activities
- Strength exercises
- Flexibility activities
- Balance exercises

Aerobic activity



Strength exercises

They help maintain:

- Strong muscles
- Healthy bones
- Better overall body functioning

Examples:

- Lifting weights
- Using resistance bands
- Squats
- Push-ups





Flexibility

It helps to:

Improve mobility

- Reduce stiffness
- Prevent injuries

Examples:

- Stretching
- Yoga
- Pilates



Balance

Especially important for senior citizens because it helps to:

- Prevent falls
- Improve stability

• **Examples:**

- Tai chi
- Standing balance exercises

Recommendations to stay motivated

Choose activities you enjoy

Exercising with friends or family

Set Small Goals

Vary your physical activities

Keep track of your progress





Additional Benefits

- In addition to improving health, physical activity can:
- Improve posture
- Increase memory
- Enhance cognitive skills
- Encourage social interaction
- Help manage chronic pain and fatigue

Additional Benefits

Contribution Improves posture



Increases memory



Enhances cognitive skills

Helps manage chronic pain and fatigue

Safety recommendations

To perform physical activity safely:



Consult a doctor before starting if you have any health condition.

Wear appropriate clothing and footwear

Stay hydrated

Warm up before
exercise

Stretch after finishing
your workout

Listen to your body
and rest when
necessary

To remember...


- Staying active is one of the best decisions to take care of your health.
- There's no need to make extreme changes.
- Small daily movements can lead to big physical and mental health benefits.



Questions or Comments



References

- <https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>
 - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
 - <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>
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Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following hotlines:

Available Service Lines

Medical Advice Line

24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805

Thank
you!



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