

## Lesson #2

# Importance of Physical Activity





## **Disclaimer**



The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.

**Physical activity**



**Exercise**



# Physical Activity

## vs

# Exercise

# Physical Activity vs. Exercise

## × Physical Activity

× **Any movement** using our body to increase energy use

**Examples:**  
Walking  
Housework  
Gardening  
Dancing

## Exercise

A type of physical activity that is planned, **structured**, **repetitive** and **purposeful**.

**Examples:**  
Jogging / Running  
Swimming  
Cycling  
Gym  
Sports

Video 1



# Many Benefits of Physical Activity

You can enter a subtitle here  
if you need it

Get *MOVING* toward  
**BETTER HEALTH**



Video 2



# How Much Physical Activity Should I Do?







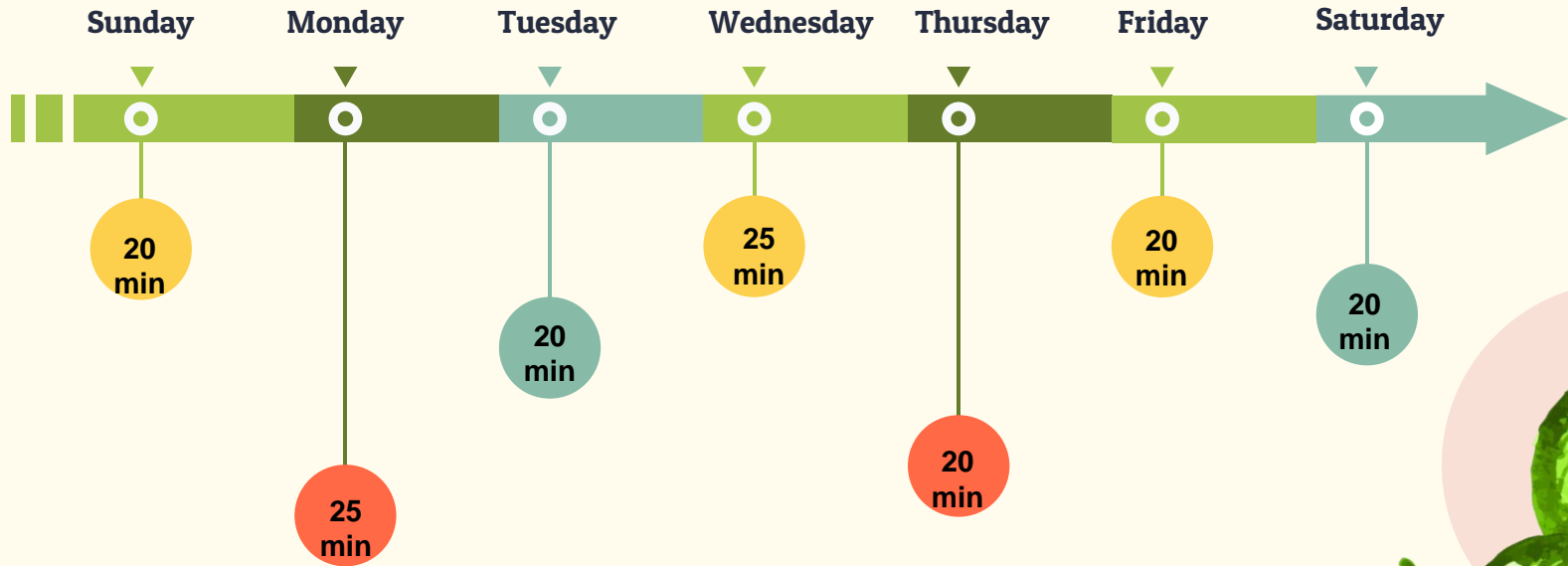
# 150 Minutes a Week

Moderate-Intensity  
Physical Activity

# Activity Plan

---

You can break down the 150 minutes into small bits, for example:





# What is “Moderate” Intensity?

Video 3



× ×

**Any physical activity  
is better than no  
activity!**



# How to get started if I am not motivated?

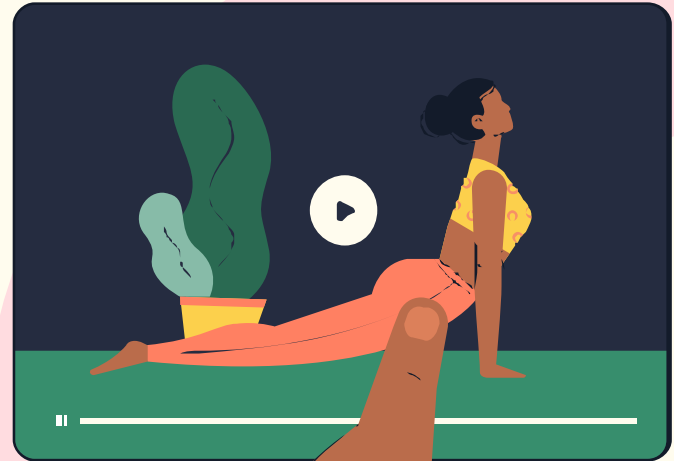


Video 4




# Stay Active Using Videos

There are many good exercise videos on YouTube that you can watch and follow along!







~

**Don't Forget to  
Stretch and  
Warm Up Before  
Exercise** ~

)

×

Video 5



# Even in wheelchair, we can stay active!



Video 6



# Physical Activity, Even at Home, Be Creative!



Stretch



Stairs



Online



Short, but  
Frequent



Chores



Be Creative

# Reminder

---

- Think of some fun physical activity ideas for yourself.
- Find some good videos online that you can exercise along with.
- Write down some changes you have made so far to live healthier!



The background is a light cream color with various decorative elements. In the top-left corner, there is a pink triangle. At the top center, a pink circle is partially visible. On the right side, there is a dark blue circle with a white dotted pattern and an orange circle below it. Further down on the right, there are yellow concentric circles. At the bottom, there are several yellow concentric circles, a small green leaf-like shape, and a red circle. A pink arc is visible on the left side.

# End of Lesson #2