

## Acknowledgement

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*The project was guided by:  
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**Physical Activity Daily Guide**

for Health Care Providers



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**Just 30 minutes a d**  
**That's all it takes**  
**You can do it!**



## Physical Activity Daily Guide

for Health Care Providers

### Introduction

Physical inactivity is the fourth leading risk factor for chronic disease. Some factors that promote physical inactivity include sedentary work and increased access to technology and the media. As social values and behavioural practices individuals are facing a more stressful environment which has contributed to them practicing less physical activity.

According to the World Health Organization, physical inactivity is responsible for 6% of death annually. Inactivity is the main cause of 25% of breast and colon cancers, 27% of diabetes and cardiovascular disease (Global Recommendation on Physical Activity, World Health Organization 2010). Almost twice as many people are inactive in 2008 compared to 2000 (30% vs. 17%) and 47% of youth are overweight and more than 21% of youth are obese (Jamaica Health Survey Results, Global School-based Student Health Survey Results).

Physical activity is critical to the prevention and management of Chronic Communicable Disease, therefore healthcare providers should ensure that this is integrated in the care of their clients. The Health Promotion Unit (HPE) within the Health Promotion Department, Ministry of Health had done assessments and recognized the need for capacity in physical activity among health care workers. This booklet is designed to strengthen and expand existing programmes and promote physical activity as well as develop new ones.

#### **Goal**

*The goal of the Ministry of Health is to reduce physical inactivity by 5% over the next 5 years*

#### **Objective**

To promote physical activity among clients who attend health care services.

#### **Purpose**

The booklet is a simple resource guide for medical practitioners to encourage clients on the importance of incorporating physical activity into their daily routine.

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## Content

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What is physical activity?.....	
Physical activity intensity levels.....	
Benefits of physical activity.....	
Health risk of physical in-activity.....	
Recommendation for physical activity .....	

### Section 2: Take Precaution and Make it Fun

Medical assessment.....	
Types of physical activity.....	
How many calories are used up in typical activities?.....	

### Section 3: Get on the Move

Demonstration of how to walk effectively.....	
Examples of physical programmes.....	

### Section 4: What to do Before and After a Workout

Warm up.....	
Cool down .....	

### Section 5: Appendix

Physical activity record sheet.....	
Reference.....	

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### Section 1: The Importance of Physical Activity

*Getting started is easier than you think.  
It doesn't have to be very hard to be effective. Bring it  
into your daily routine.*



#### Checklist for physical activity

- ✓ Proper footwear
- ✓ Patience

... succeed

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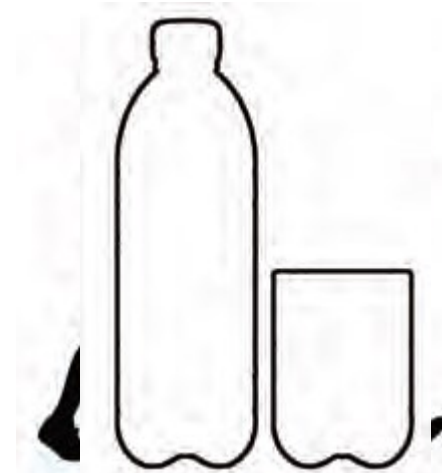


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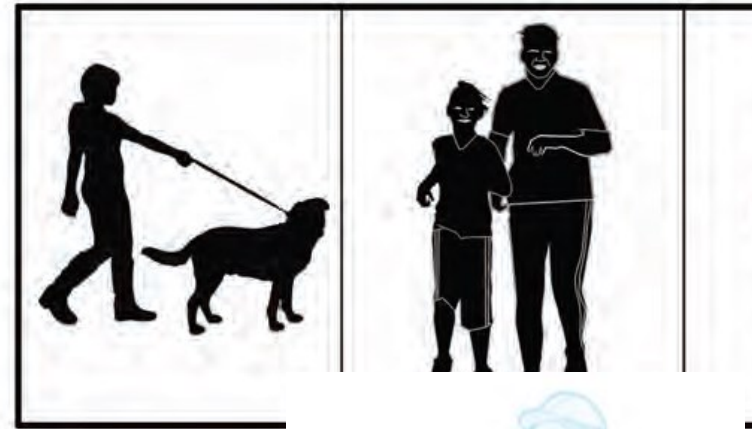
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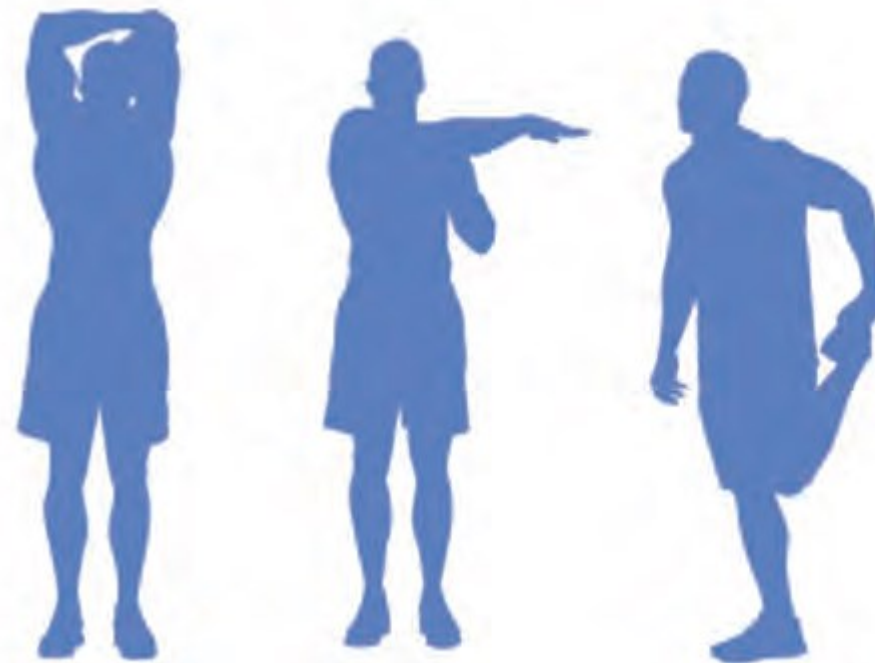
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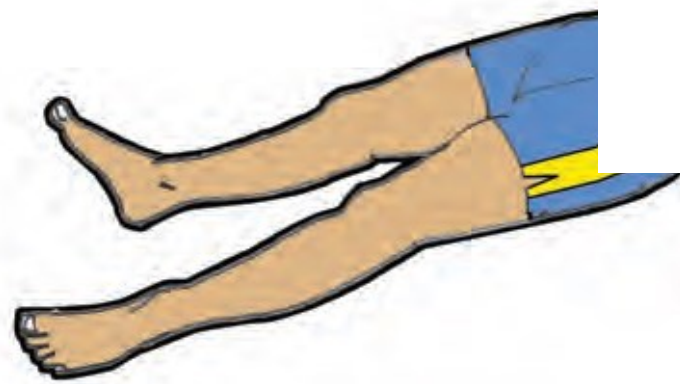
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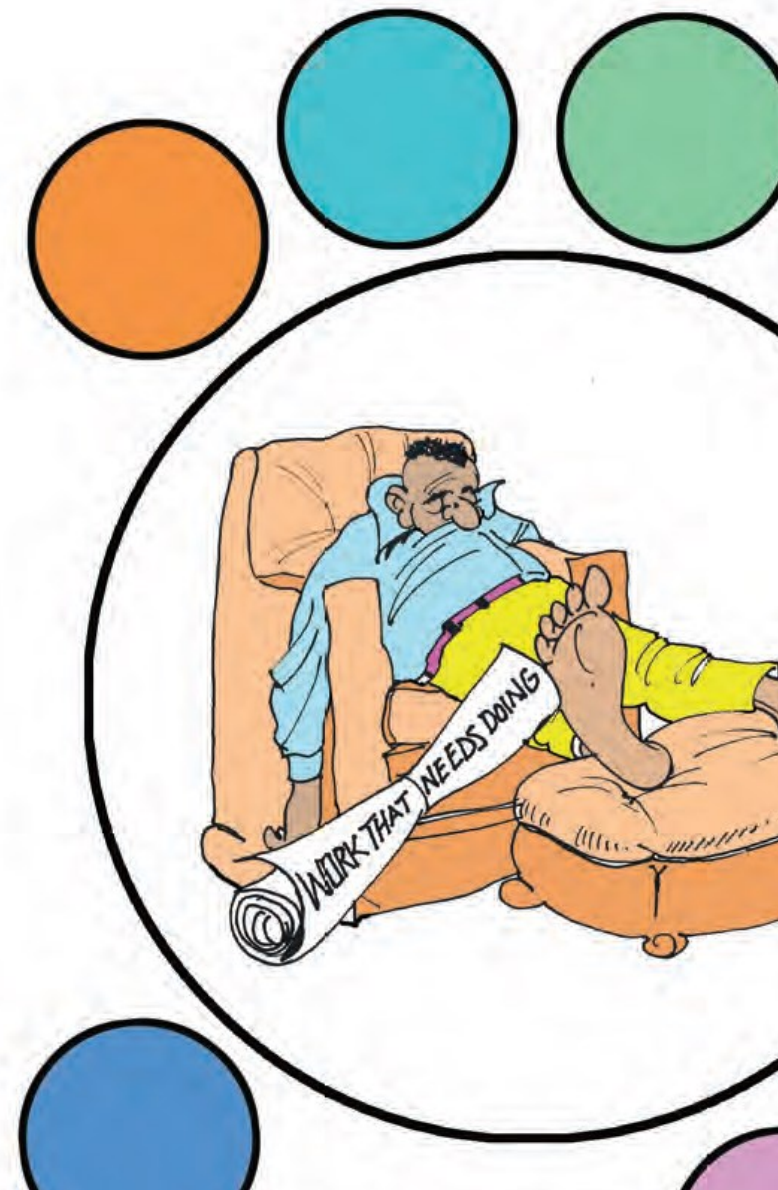
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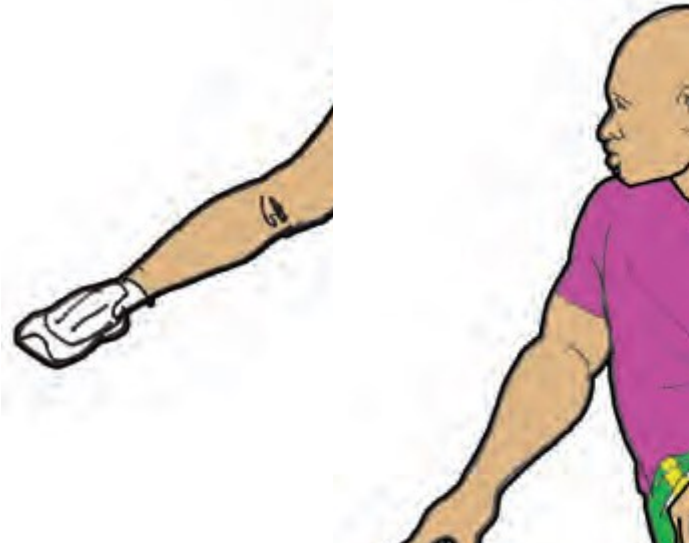
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