

# ACTIVITY PYRAMID



1. The activity pyramid gives examples and guidance on the frequency of the activities carried out.
2. Activities at the bottom of the pyramid should be done as many times as possible each day for a healthy and active life.
3. We should be creative in varying our physical activities to remain healthy and active.

# REMINDER!

Before starting any exercise or hard activities, make sure you get your doctor's advice especially if you :

- Are 35 years and above
- Do not know your health status
- Have never exercised
- Have health problems like heart disease, diabetes, hypertension and others
- Have just recovered from a serious illness
- Are overweight
- Smoke
- Have immediate family members with heart disease



# INFORMATION FOR WORKERS

“ **30 MINUTES A DAY INCREASES PRODUCTIVITY** ”



BE HEALTHY FOR LIFE



**Kementerian Kesihatan Malaysia**

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# PHYSICAL ACTIVITY

## Benefits the organization

Perform moderate physical activities such as climbing the stairs and walking, which accumulatively should sum up to at least 30 minutes of physical activity a day, to attain health benefits.

### Increases productivity and quality of work

Physically fit workers are more focused and always provide excellent service.

### Reduces the risk of work accidents

Physically fit workers are always alert of the work environment.

### Reduces medical expenses

Medical expenses can be reduced by having healthy workers.

# Inculcate Doing PHYSICAL ACTIVITY

## At the work place

### Always be active at the work place

Do various physical activities while working

### Develop teamwork

Group physical activities will develop teamwork and cooperation amongst members

### Do simple and enjoyable physical activities

Do simple and enjoyable activities that suit you.

### Do it the right and safe way

Carry out physical activities correctly to avoid injuries



1/3 of our daily lives revolve around the work place. Use that time wisely to remain healthy and active through physical activities.

# PHYSICAL ACTIVITY

## Pillar to wellness



- Increases healthy status and quality of life
- Increases physical fitness
- Reduces the risk of diseases
- Creates better cooperation amongst workers
- Promotes the right mental qualities for the job
- Reduces and controls stress at work
- Shapes self-discipline