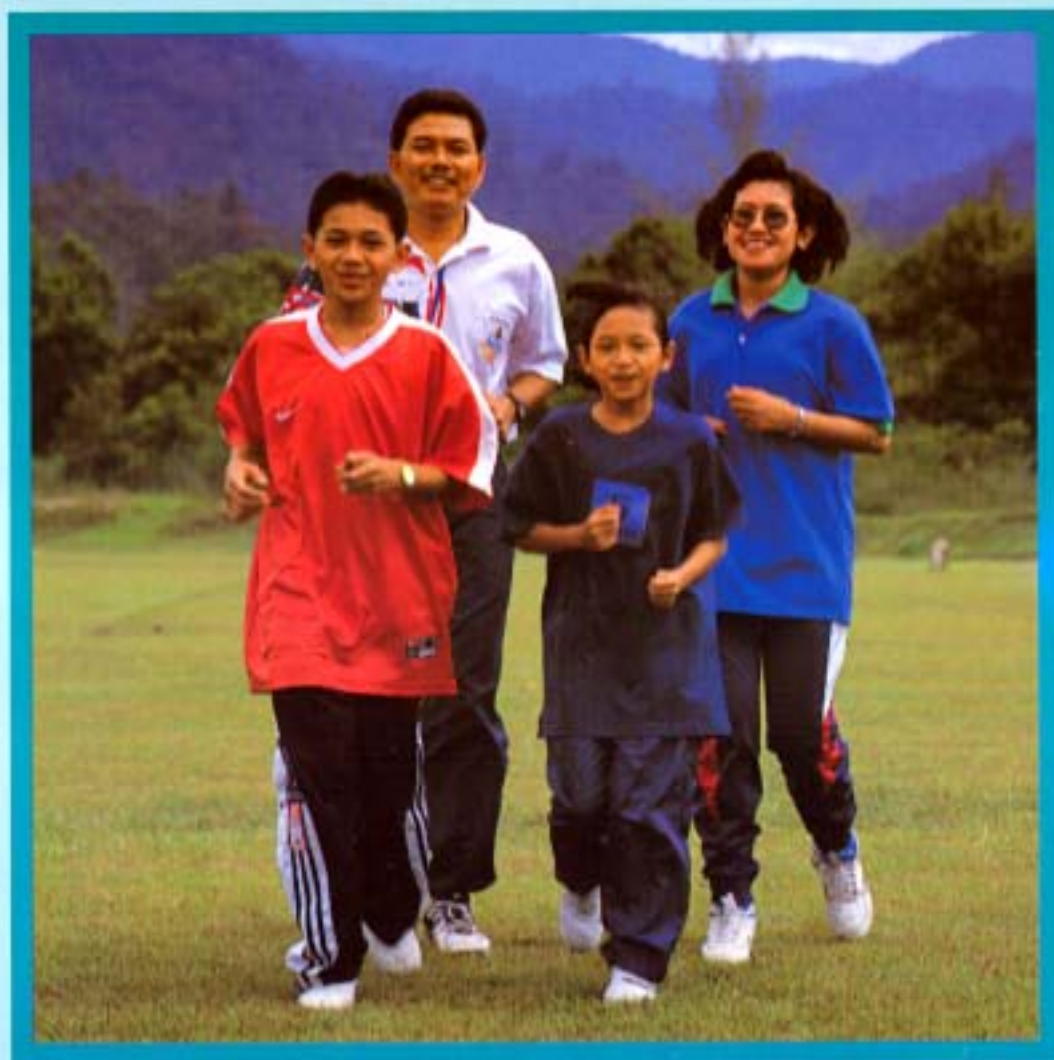


EXERCISE REGULARLY FOR A HEALTHY AND HAPPY FAMILY



**Adopt a healthy lifestyle towards a harmonious
and healthy family**

REGULAR EXERCISE IS A KEY TO A HEALTHY FAMILY

Exercise is an essential component of a healthy lifestyle. In this modern world, where we tend to have sedentary lifestyles and very little physical activities, exercise becomes all the more important in maintaining good health of the family.

BENEFITS OF EXERCISE:

- Keeps you fit.
- Controls your weight.
- Builds strength and stamina.
- Improves flexibility of joints, body movements and prevents injuries.
- Strengthens bones and joints.
- Improves your heart, lungs and blood circulation.
- Enhances muscle tone and body posture.
- Improves appearance and self-esteem.
- Relieves stress.
- Delays ageing process, for example, osteoporosis in post-menopausal women.
- Improves family interaction and relationship.



Exercising with your family is fun



- Get your family members and friends to join you whenever you exercise.
- Know that there is a variety of exercise, games and sports that you and your family can do together such as:
 - Brisk walking
 - Jogging
 - Rope jumping
 - Swimming
 - Cycling
 - Playing badminton
 - Aerobics



CHOOSE PHYSICAL ACTIVITIES THAT:

- You and your family enjoy.
- Can fit your family's daily schedule.
- Are suitable for all your family members and can be done within the vicinity of your house.
- Is appropriate with your family's health condition.

To obtain optimum benefits, exercise regularly at least 3 times a week for 20 to 30 minutes per session.

Exercise correctly

Start your exercise with stretching for at least 5 minutes. Similarly, cool down for 5 to 10 minutes after exercising.

Consult your doctor before starting your exercise if you:

- Are above 35 years old.
- Seldom exercise.
- Are overweight.
- Have any kind of illnesses.

