

Exercise Guide

Exercise according to the objective. For example, if you want solid muscles, do stretching exercises.

Scheduled and consistent exercise is the key to increase fitness.

Start with low intensity then immediately do more vigorous exercise. This allows the body to become conditioned to the exercise.

Perform warming up and cooling down before and after exercise. It can gradually prepare the body from a state of rest to active exercise.

Be sensitive to the condition of your body. Ensure your body and physical conditions are healthy before exercise.

Exercise with a friend.

Exercise according to the correct method and the right schedule.



Exercise Safely...

Do's....

Warm up and cool down the body before and after exercising.

Wear light and loose attire.



Wear suitable and comfortable shoes.

Drink lots of water before, during and after exercising.

Don'ts....

- If you feel unwell or have chest pains while exercising.
- During hot weather, or the air is polluted.
- Within 2 hours after eating.

Caution....

Do not bath after exercise; bath after your body feels cool and perspiration has dried.

Stop immediately if you have shortness of breath or chest pains while exercising.

If you are jogging on the streets, face the oncoming traffic.

Avoid jogging on busy streets.



EXERCISE



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EXERCISE

A body movement that is planned, structured and repetitive, performed for the purposes of increasing and maintaining the level of physical fitness.

Examples of exercise:

- Brisk walking
- Jogging
- Cycling
- Aerobics

BENEFITS OF EXERCISE

- Increase size and strength of muscles and muscular resistance.
- Strengthens heart muscles and improves system of blood circulation.
- Improves lung function.
- Help desertion.
- Improves muscular-nervous system coordination.
- Maintains ideal body weight.
- Contribute towards good posture and personal appearance.
- Increase physical and mental productivity.
- Controls chronic diseases such as diabetes and hypertension.
- Strengthens and maintains bones.

Examples of Exercise Programmes

1. Warming up Phase **10-15 minutes**
 - Callisthenic
 - Stretching exercise
2. Aerobic Phase **20-40 minutes**

Exercise by walking, jogging, cycling or aerobics.
3. Muscle Firming Phase **10-15 minutes**
 - Push ups
 - Sit ups
 - Balancing exercise
 - Back exercise
4. Cooling down Phase **10-15 minutes**
 - Light exercise
 - Stretching exercise

Exercise at least 3-5 times a week.

Physical Activities that can be Performed

Various physical activities can be performed as a simple exercise. Among them are:

- Gardening.
- Do housework.
- Washing the car.
- Playing with the children.

