

Ways to Increase Physical Activity throughout the Day:

- Take the stairs (instead of elevators/lifts).
- Shovel or sweep your own compound.
- Carry your own grocery bags.
- Get up and stretch every 30 minutes at work or while watching TV.
- Garden.
- Join recreational group to engage in a play you like.
- Enhance school-based physical education

Physical inactivity: a Global burden

Physical inactivity means lacking physical activity. According to World Health Organisation, physical inactivity has been identified as the fourth leading risk factor for global death (6% of deaths globally). Overweight and obesity are responsible for 5% of global death. Physical inactivity is estimated as being the main cause for approximately 21–25% of breast and colon cancer burden, 27% of diabetes and approximately 30% of heart disease burden.

Overweight and Obesity

Overweight is a silent killer. Overweight is associated with risks for heart disease, stroke, cancer, obesity, depression and diabetes, and increases stress on your joints that may lead to unnecessary falls. Unhealthy eating and living a sedentary lifestyle is a major cause for weight gain.



If you are not active, start slowly and gradually build up. The benefits will be seen in 4-12 weeks. Adoption of healthy lifestyle will add years and quality to your life.

Jim Rohn (September 17, 1930 - December 5, 2009) said "Take care of your body. It's the only place you have to live." And

Hippocrates (c. 460 BC - c. 370 BC) an ancient Greek physician said "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health".

Physical activity is a learned behavior that is influenced by family, friends, and teachers, as well as the environment. Children and adolescents who are not active early in life tend to be less active later in life.

For more information visit our center, or www.mcshep.org, or the Lead teacher in your school.



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Diabetes Prevention through Schools Programme

PHYSICAL ACTIVITY



What is physical activity?

Physical activity has been defined as any bodily movement produced by skeletal muscles that results in energy expenditure. It is very important to help you maintain physical and mental health and have a good quality of life. Activities include brisk walking, bicycling, jogging, playing sports, picking leaves, dancing and gardening. These activities can help you remain healthy, whatever your age. Physical activity does not have to be hard to improve health.

Physical Activity and Diabetes

During a physical activity, active muscles use up glucose as a source of energy. Regular physical activity helps to prevent glucose from building up in your blood.

Lack of Physical Activity is one of the major causes of type 2 diabetes.

Many people do not get enough physical activity to be healthy in today's society. Technology and modern living have removed many regular forms of physical activity from our daily lives.

- Cars replace walking and biking.
- Elevators/lifts replace stairs.
- Washing machines replace doing by hand.
- Computers replace manual labour.
- TV and computer games replace fun physical activities for both children and adults.

Because of modern living, it is important to think about being physically active each day.

Health benefits of physical activity:

Physical activity is widely accepted as being beneficial to health. There is strong and growing evidence that regular physical activity reduces the risk of suffering from various common disorders. In combination with healthy eating, it can help prevent a range of chronic diseases including:

- **Diabetes** - physical activity helps lower the risk of developing non-insulin-dependent (type 2) diabetes. For instance, it increases insulin sensitivity by as much as 25% so that circulating concentrations of insulin and adrenaline are much lower in a physically active person.
- **Coronary heart disease** by strengthening heart muscles, lowering blood pressure, lowering cholesterol, improving blood flow and increasing heart's working capacity.
- **Stroke** - physical activity reduces the risk of stroke, mainly through beneficial effects on hypertension and blood clotting.
- **Osteoporosis** - weight-bearing physical activity is essential for normal bone development during childhood and adolescence and for achieving and maintaining peak bone mass in young adults.
- **Cancer** – regular physical activity is associated with a decreased risk of certain types of cancer especially colorectal and breast cancers.
- Regular physical activity also preserves optimum structure and function of muscles, bones, joints and the cardiovascular system, thus enhancing quality of life.

- Exercise has psychological effect and there is evidence that it relieves symptoms of depression and anxiety, improves mood, reduces the risk of developing depression and raises self-esteem.

Levels of physical activity

WHO recommends to participate in the following activities:

Moderate Intensity. Older people should accumulate at least 30 minutes of moderate intensity physical activity. However, children and adolescents are recommended to accumulate up to 60 minutes. These include activities like brisk walking, gardening, climbing stairs, home chores, etc on at least five days of a 3week.

Endurance exercise

20 minutes 3 times a week.

These activities make you feel warm and keep you to breathe deeply. They include: jogging, cycling, swimming, aerobics, dancing and playing sport.

Flexibility exercises.

20 minutes 2 times a week.

These include:

Gentle reaching, Bending, and stretching to keep your muscles relaxed and your joints mobile. They help you to move easily.

Strength exercise

20 minutes 2 times a week

These activities help you your muscles and bones stay strong and make it easier for you to do daily tasks as you grow older. These include resistance activities such as lifting weights, push ups, bench presses, and calf raises.