



مدينة الملك فهد الطبية  
King Fahad Medical City



## Physical Activity



## **What is physical activity?**

**Any form of movement that your body uses energy to keep you moving and stays healthy.**

### **Examples of Physical Activities:**

- **Walking**
- **Running**
- **Jogging**
- **Gardening**
- **Yard work**
- **Shoveling**
- **Dancing**
- **household chores**
- **pushing a baby walker**
- **climbing stairs**
- **swimming**
- **aerobics**
- **basketball**
- **volleyball**
- **rock climbing**
- **bicycling**
- **badminton**
- **bowling**
- **tennis**

## What does your body gain by doing physical activity?

- **Makes our muscles become stronger, supple and stretchy.**
- **Nourish our bones not to become fragile**
- **Reduces the risk of developing heart disease like stroke**
- **Controls high blood pressure**
- **Lowers high cholesterol level in our body**
- **A way to lose weight**
- **Maintains desired weight**
- **Decreases the chances of acquiring Breast cancer, Colon Cancer and Lung Cancer**
- **Increase the chances of living longer**
- **Increases your liveliness**





- **Improve posture**
- **Foster good mood and self- confidence**
- **Lessens fatigue and stress**
- **Refine blood flow in our heart by strengthening the heart muscles**
- **Boost gas exchange in our lungs that makes us breath well.**
- **Gives us enjoyment and improves relationship bonds by doing and sharing activity with family and friends.**



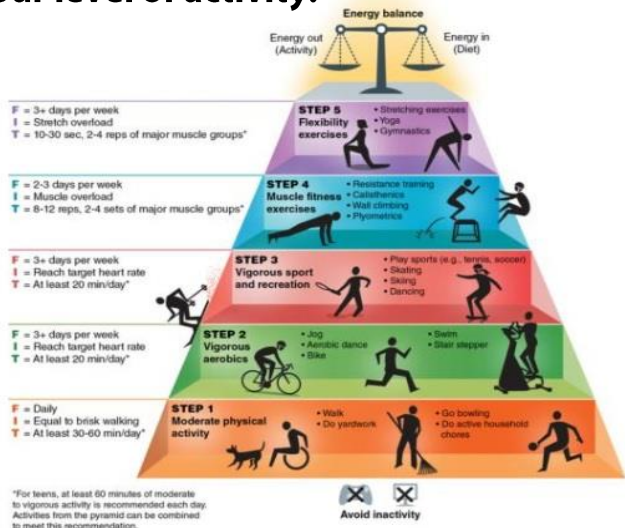
## Health problems that could be developed for not being active?

- **Osteoporosis** 
- **Diabetes Mellitus** 

- **High Blood pressure and Heart disease**
- **Heart muscles weaken that affects blood flow and fats clogged in our heart arteries.**
- **High Cholesterol level**
- **Unhealthy snacking and inactivity accumulate fat in our blood stream.** 
- **Psychological problems**
- **Depression and anxiety developed when you are alone. Thoughts are not shared.** 
- **Cancer such as Endometrial, Colon, Lung and Breast.**
- **Time spent sitting has a negative impact on the body's hormone levels and the way the immune system works.**

# How much time needed to spend on Physical activity?

- Recommended time is 30-minutes per day to stay active and be healthy.
- If you have chronic condition such as Osteoarthritis, Diabetes and Heart problems, talk with your doctor to find your limits before starting any physical activity.
- Start slowly like walking and eventually will increase your level of activity.



# لأن الوعي وقاية ..

إدارة التثقيف الصحي

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