

# MOVE MORE

**Physical activity**, either light or vigorous, is beneficial to your health. It does not only help you become healthier or less prone to diseases, but physical activity also helps you lose your belly fat faster than diet alone, and helps you reach your goal even faster.

Our bodies suppose to move every now and then, however people during their working-age are likely to be focused mainly on their jobs. Consequently, people stay sedentarily for longer than 2 hours a day, resulting in the paucity of physical activity which is one of the major causes of NCDs.

Physical activity can be practiced anywhere and anytime. You don't have to wait for it. Just do it. It can be done while you are watching TV, working in your office, or even when you are in the middle of a meeting.

World Health Organization (WHO) has recommended at least 150 minutes/week of moderate intensity PA as an approach to prevent NCDs. Now, Moderate intensity PA mean any activity that noticeably accelerates you heart rate but still able to talk with long sentences. Such activity includes walking or cycling for more than 10 minutes, walking up the stairs, or brisk walking. Moderate intensity PA should be done for at least 10 minutes each time, at least 30 minutes a day, and collectively at least 150 minutes a week. There are four aspects of physical activity that should be considered: 1) Frequency, 2) Intensity, 3) Time (duration), and 4) Type, known as the 'FITT' principle.

**For you who have read this leaflet until now, Let get up and move your body!**

## Stretching for Flexibility

### 1. Upper Extremities



Neck



**Exercise 1:** Sit straight. Look down to the floor; you feel a bit of tension on your neck. Then gradually turn your head up to the starting position. Then gently turn your face to the right, and then turn back. Then gently turn your face to the left, and then turn back. Repeat the whole exercise for 10 times.



**Exercise 2:** Sit straight. Clasp both of your hands on your forehead. Push your head against your palms so you feel tension on your neck. Hold there for 5 seconds. Then, put your hands behind your head. This time push your head against your hands behind you. Hold there for 5 seconds. Repeat the whole exercise for 5 to 10 times.



**Exercise 3:** Sit straight. Put your right palm on your right cheek. Then push your cheek against your palm. Hold there for 5 seconds. Do the same on the left hand side. Repeat the whole exercise for 5 to 10 times.

**Do you know?**  
These stretching exercises can be used for warming up and cooling down before and after a workout to avoid injuries.

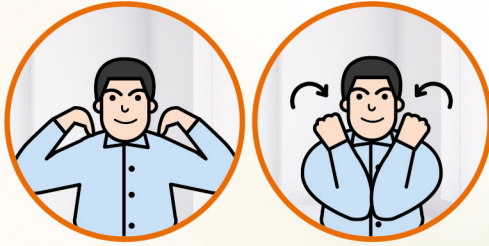
**Caution**  
When you first try the exercises, you should start by doing slowly and gently.







## Shoulders



**Exercise 4:** Sit straight. Lay both of your hands on your shoulders: right hand on the right shoulder, left hand on the left shoulder. Slowly roll your shoulder to the front, trying to make your elbows touch one another. For beginners, your elbows might not be able to touch. However, if you do the exercise regularly your muscle will get more flexible and elbows will eventually touch. Repeat the whole exercise for 10 to 20 times.

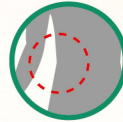


## Chest



**Exercise 5:** Sit straight. Do not lean on the backrest of your chair. Arch your chest forward as much as you can and pause for 5 to 10 seconds. Get back to the starting position. Repeat for at least 5 to 10 times.

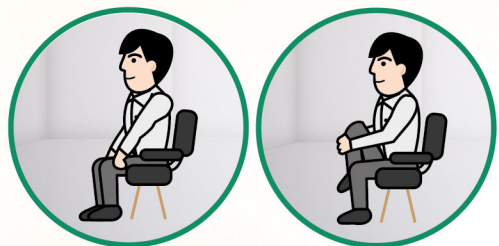
## 2. Lower Extremities



## Lower back, Side torso, and Hips



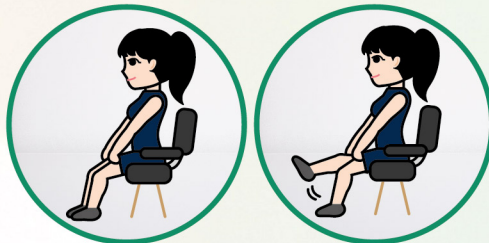
**Exercise 6:** Sit straight. Do not lean on the backrest of your chair. Twist your torso to the right, while trying to hold on to your chair with your left hand. Pause for 5 to 10 seconds. Repeat on the other side. Repeat the whole exercise for 5 to 10 times.



**Exercise 7:** Sit straight. Lean on the backrest of your chair. Raise your right knee up. Put your hands over your knee, and then pull it in toward your body as much as you can and pause for 5 to 10 seconds. Repeat on the other side. Repeat the whole exercise for 5 to 10 times.



## Knee



**Exercise 8:** Start in a sitting position. Kick your legs up and down alternately (left and right) for at least 10 to 20 times. Start slowly then gradually increase your speed to as fast as you feel comfortable.



**Exercise 9:** Start in a sitting position. Lay your legs in front of yourself. Push your toes down then up alternately (left and right) for at least 10 to 20 times. Start slowly then gradually increase your speed to as fast as you feel comfortable.



## Ankles



**Exercise 10:** Start in a sitting position. Your heels should be on the floor. Bring your toes up and down alternately (left and right) for 10 to 20 times. Then put your toes to the floor, and this time, bring your heels up and down alternately for 10 to 20 times. Start slowly then gradually increase your speed to as fast as you feel comfortable.



**Exercise 11:** Start in a sitting position. Lay your legs in front of you and raise them above the floor. Slowly roll your ankles clockwise 10 to 20 times, then anticlockwise 10 to 20 times. Start slowly then gradually increase your speed to as fast as you feel comfortable.