

# HEPA / HEALTH-ENHANCING PHYSICAL ACTIVITY

## BENEFITS

REGULAR physical activity reduces the chances of developing the following diseases:



### > MENTAL HEALTH

**DEPRESSION**  
**BURNOUT**  
**DEMENTIA**

### > PHYSICAL HEALTH

**MUSCULOSKELETAL**  
Computer-related eye fatigue  
Osteoarthritis  
Low back pain  
Joint injuries

**CARDIOVASCULAR**  
Coronary heart disease  
Hypertension  
Artherosclerosis  
Stroke

**METABOLIC**  
Type 2 Diabetes  
Hypercholesterolemia  
Obesity  
Osteoporosis

**OTHERS**  
Sleeping disorders  
Colon cancer  
Breast cancer

Improves sleep <sup>zz</sup> / Manages level of stress <sup>🧘</sup> / Increases quality of life <sup>😊</sup>

## RECOMMENDATIONS

### BE ACTIVE

### SIT LESS

MODERATE

VIGOROUS

**WALK** +  
(5-7 km/h)

**RUN** +  
(>8 km/h)

**TV** -

**CYCLE** +  
(12-15 km/h)

**TENNIS** +  
(Single)

**SOFA** -

**SWIM** +  
(25m/40 sec)

**STAIRS** +

**8H COMPUTER** -

MINUTES PER WEEK

**150**

OR

MINUTES PER WEEK

**75**

MODERATE INTENSITY  
(ABLE TO TALK)

VIGOROUS INTENSITY  
(DIFFICULTY TALKING)

OR A COMBINATION OF BOTH

**BREAK UP  
YOUR  
SITTING  
TIME EVERY  
HOUR**

## ACTIONS

Spring into Summer



Commission Sports Clubs



Office Stretches



Commission Bicycles



Discounts on Sports Clubs



Take the stairs



Fall into Winter



Discounts on Sports Clubs



Velo Mai



#BeActive Walking Challenge



EVERY STEP COUNTS !

**MAKE A START TODAY. IT'S NEVER TOO LATE!**