

HOW TO EXERCISE SAFELY

Exercise does not need to be strenuous to achieve health benefits. Men and women of all ages benefit from a moderate amount of daily exercise (e.g., 30 minutes of brisk walking or 15 minutes of jogging). People who have been sedentary and wish to begin an exercise programme should start with short sessions (5 – 10 minutes) and build up to the desired level of activity.

- Go for a medical checkup before beginning an exercise programme.
- Do not exercise if you do not feel well on the day.
- During the exercise if you experience discomfort such as chest pains, stop the exercise immediately and see a doctor.
- Always warm up before the exercise and cool down after the exercise.



Do not exercise if you do not feel well on the day.



- Progress slowly in the exercise programme.
- Wear appropriate exercise clothes and comfortable sports shoes and socks. Use sun protection when outdoors.
- Drink plenty of water before, during and after the exercise to prevent dehydration.
- Choose primarily activities which engage as large a muscle mass as possible, e.g., brisk walking, jogging, cycling, swimming, etc.
- Plan time between sessions for your body to rest and recover.

The following are some websites you can visit to know more about nutrition and exercise.

Nutrition

Health Promotion Board

www.hpb.gov.sg/foodforhealth

Nutrition.com.sg

www.nutrition.com.sg

Nutrition.gov

www.nutrition.org

American Dietetic Association

www.eatright.org

MyPyramid.gov

www.mypyramid.gov

Exercise

Exercise for Seniors: MedlinePlus

www.nihseniorhealth.gov

American Council on Exercise

www.acefitness.org

American College of Sports Medicine

www.acsm.org

National Heart Lung and Blood Institute

www.nhlbi.nih.gov

Singapore Sports Council

www.ssc.gov.sg