

How Much Physical Activity Do You Need?

- Adults should do 30 minutes or more of physical activity daily.
- Aerobic Activities:** Most of the 30 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.
- Muscle-strengthening Activities:** Include muscle-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
- Bone-strengthening Activities:** Include bone-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
- Flexibility:** Include static and dynamic stretches for whole body before and after the activity everyday .

What Activities You Can Do?

- Aerobic Activity:** the body's large muscles move in a rhythmic manner for a sustained period of time (i.e. brisk walking, running, bicycling, jumping rope, and swimming)
- Bone-Strengthening Activity:** an activity that produces a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground.
- Muscle-Strengthening Activity:** an activity that causes the body's muscles to work or hold against an applied force or weight

Examples of Physical Activities

| Type of Physical Activity | Children | Adolescents |
|----------------------------|--|---|
| Moderate-intensity aerobic | Hiking, bike riding, brisk walking | Baseball, yard work, hiking, brisk walking |
| Vigorous-intensity aerobic | Bike riding, jumping rope, running, soccer, basketball | Jumping rope, bike riding, karate, basketball |
| Muscle-strengthening | Modified push-ups, sit-ups, rope or tree climbing | Exercises with hand-held weights, push-ups, pull-ups, climbing wall |
| Bone-strengthening | Jumping rope, running, hopping, skipping, gymnastics | Jumping rope, running, sports like gymnastics, basketball |

Body Fat Ranges for Adults

| Age | Underfat | Healthy | Overweight | Obese |
|--------------|-----------|---------|------------|----------|
| Women | | | | |
| 20-40Yrs | under 21% | 21-33% | 33-39% | Over 39% |
| 41-60Yrs | under 23% | 23-35% | 35-40% | Over 40% |
| 61-79Yrs | under 24% | 24-36% | 36-42% | Over 42% |
| Men | | | | |
| 20-40Yrs | under 8% | 8-19% | 19-25% | Over 25% |
| 41-60Yrs | under 11% | 11-22% | 22-27% | Over 27% |
| 61-79Yrs | under 13% | 13-25% | 25-30% | Over 30% |

BMI CLASSIFICATION

| | |
|-----------------|-------------|
| Undewrweight | <18.5 |
| Normal Range | 18.5 - 24.9 |
| Overweight | ≥25.0 |
| Preobese | 25.0 - 29.9 |
| Obese | ≥ 30.0 |
| Obese Class I | 30.0 - 34.9 |
| Obese Class II | 35.0 - 39.9 |
| Obese Class III | ≥ 40.0 |

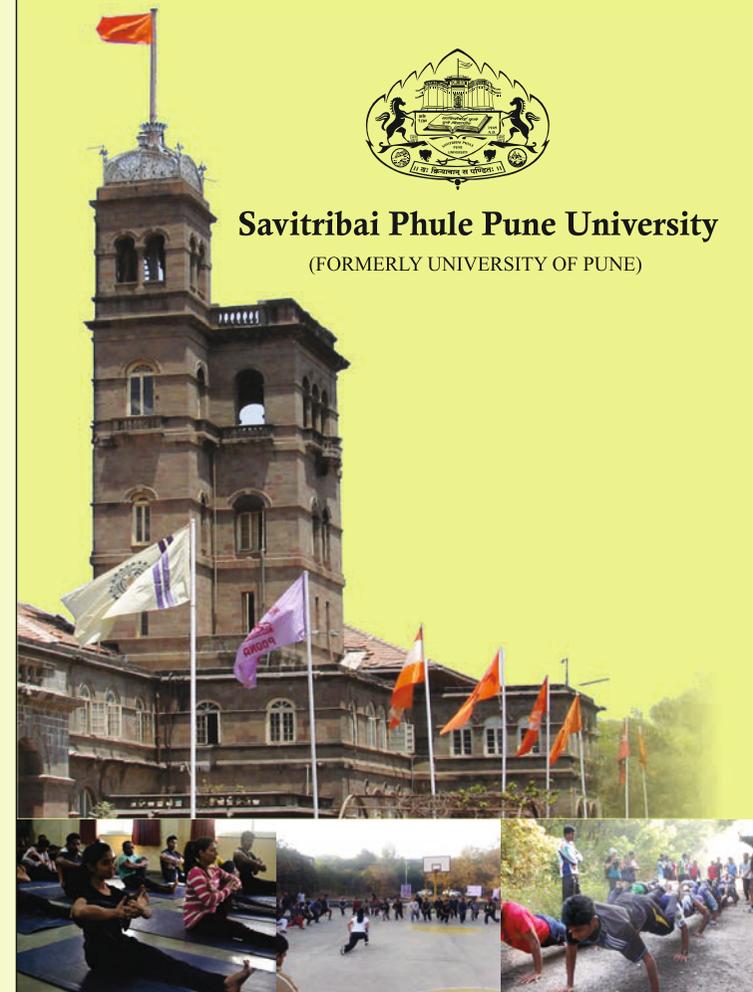


SAVITRIBAI PHULE PUNE UNIVERSITY

(FORMERLY UNIVERSITY OF PUNE)

DEPARTMENT OF SPORTS & PHYSICAL EDUCATION

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On The Occasion of

NATIONAL SPORTS DAY

29th August

DEPARTMENT OF SPORTS & PHYSICAL EDUCATION

is organising

Free Assessment of Fat Percentage and Body Mass Index

Computer & Desk Stretches (Approximately 4 Minutes)

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day or whenever you feel stiff. Photocopy this and keep it in drawer. Also be sure to get up and walk around the office whenever you think of it. You'll feel better.

