Health Together

NUHS National University Health System

🏃 GOOD EXERCISE

BENEFITS OF EXERCISE

Why is exercise important for you?

- **Improves your mood**
- **Helps you maintain a healthy weight**
- **Lowers your blood pressure and cholesterol**
- **Reduces the risk of chronic diseases such as heart disease, diabetes and cancer**
- **Reduces the risk of falls and prevents frailty (especially for older adults)**

💡 Sitting for too long (more than 6 hours at one time) can increase the risk of chronic diseases, even if you are exercising regularly. Try to stay active by moving throughout the day.

How much exercise do you need?

Aim for **150 to 300 minutes** of moderate-intensity aerobic activity each week.

Engage in muscle strengthening activities at least 2 days a week.

For those above 50 years, add on multi-component exercises for muscle strengthening and functional balance at least 3 days a week.

Adapted from the Singapore Physical Activity Guidelines

💡 Take the **Get Active Questionnaire** to assess your physical condition before engaging in any new physical activity.

Types of exercises

Aerobic Exercises
(Brisk walking, jogging, cycling and swimming)

✓ **Improves heart and lung health**
✓ **Improves stamina and endurance**

Resistance Exercises
(Using body weights, dumbbells, resistance bands or machine weights)

✓ **Reduces risk of falls**
✓ **Prevents muscle loss**

Stretching Exercises

✓ **Improves flexibility**
✓ **Improves range of motion**

Balance Exercises

✓ **Improves stability**
✓ **Reduces risk of falls**

Exercise Intensity Guide

💡 Use the "Talk Test" to gauge your exercise intensity level.

Light — Able to talk in full sentences and sing with little to no pause for breath

Moderate — Able to talk in phrases or short sentences, but cannot sing

Vigorous — Have difficulty talking

STEP 1
Take this Quiz to test your knowledge!
for.sg/quiz-goodexercise

STEP 2
Visit the Health Library for more tips & resources.
for.sg/ht-health-library