

# START EXERCISING



BEGIN SLOWLY AND  
BUILD UP GRADUALLY

# FEEL YOUNGER, LONGER

## EXERCISE:

- helps you to feel good in mind as well as body
- tightens and strengthens muscles
- improves blood circulation
- protects you from heart disease, high blood pressure and diabetes
- reduces blood cholesterol level
- eases away stress
- helps you to look good

## START NOW!!

*Walk at least 30 minutes, three times a week or more  
or*

*Jog at least 20 minutes, three times a week or more*

## WALK OR JOG TOWARDS HEALTH

- ✓ Do wear sneakers that cushion and support the feet
- ✓ Do wear light weight clothing
- ✓ Do make sure that motorists can see you if you walk or jog at nights
- ✓ Do walk as briskly as you can
- ✓ Do jog at a comfortable pace
- ✓ Do remember to drink plenty of water



- X Don't jog within two hours of your last meal
- X Don't jog if you feel ill
- X Don't sprint



**START EXERCISING NOW**

**HEALTH EDUCATION DIVISION  
MINISTRY OF HEALTH**

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