

Be active

To be healthy, we need to be active on most days, preferably all days of the week



- To be active means we have to do things to keep our body parts moving. Using all our muscles in our bodies regularly will keep us healthy and fit, will increase our muscles and decrease fat.
- When we follow a healthy eating plan and are active we
 - will sleep better,
 - will be able to do our work well,
 - will maintain a healthy weight, just right for our age
 - will have less chance to get serious illnesses, such as heart disease and diabetes, and
 - will feel much better and look good.

What do we have to do to be active?

To be active includes all forms of physical activity, for example:

- to walk briskly (quickly) to the bus stop or shops or even working in the garden or yard.
- sweeping and cleaning the house can help to keep our bodies fit, as well as playing outdoors with our children and climbing the stairs at the office.



Working in the garden keeps us active and healthy.
We can grow vegetables and flowers which will keep us happy

Meaning of words

Healthy

To be well and free from illness

Active/Activity

To do something, to keep busy and exercise our bodies that will make our heartbeat a little faster

Physical exercise

One form of activity, e.g. jogging, playing soccer.

How often must we be active?

This will depend on how old we are and how healthy we are.

We should try to do some physical activity every day.

We can choose to be active for at least 30 minutes on most days, or do physical activities three times a day for as little as ten minutes a time.



Did you know?

- A person who is sewing is less active than a person who is sweeping the house.
- A person who works in an office is less active than someone who cuts wood.
 - People who are not active get overweight more easily. Because they are not active, they do not use the energy that food gives them. This energy is not used by the body and turns into fat.



Too tired or too busy?

Most people have to work hard to make ends meet. This leaves little time for fun and play. But, to be active need not take up much time. It needn't cost money either.

You can exercise your body while going to work (walking) or while at work or even during your lunch hour

When walking, remember to walk briskly, feeling slightly out of breath, but still able to chat with a friend.

One simple way to become more physically active, and as a result to become healthier, is to add steps to your day. This means that you just need to look for opportunities for activity such as taking the stairs instead of the lift, or walking to the corner shop.

Dancing is an enjoyable way of being active



Get others to be active too

When you are walking with other people, tell them that it is important to be active. Let them walk at the same pace as you.

When playing games with your children, try to play games that give physical exercise (such as playing ball).

If you like to jog, get friends to jog with you. Few people like to exercise alone.

Remember to drink more clean, safe water than usual when you are active.

How much do you know?

- What does 'to be active' mean to you?
- Are you and your family members active? List your activities.
- Why do you think it is important to be active?
- How will you explain this message to others?



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