

## How to Put ‘Incorporate Exercise in Daily Life’ into Practice in Reality?

The World Health Organization recommends that adults aged 18 to 64 should undertake regular physical activity. Details are as follow:

- Adults should do at least 150 to 300 minutes of moderate-intensity aerobic physical activity; or at least 75 to 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.
- Adults should also do moderate or greater intensity muscle-strengthening activities on 2 or more days a week to strengthen all major muscle groups and bring additional health benefits.

A number of office workers believed that they do not have enough time and energy to exercise after work. They also found that it is very hard to exercise. Through incorporating exercise in daily life with a dash of creativity, office workers can increase the time spent on exercise without realising it so as to achieve health benefits and stay healthy. Below are some examples:

Before going to work	During lunch time
<ul style="list-style-type: none"> <li>• Do some simple stretching exercises when you wake up to improve blood circulation</li> <li>• Wake up earlier and do some exercises (e.g. running, swimming or fitness exercises) before going to work</li> <li>• Alight earlier when taking public transport and walk to the destination</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise on your own (e.g. brisk walking or ball games) or participate in sports programmes organised by the company</li> <li>• Go out for a walk after lunch</li> <li>• Work out in a fitness centre near your office</li> </ul>
After work	At any time
<ul style="list-style-type: none"> <li>• Exercise with family and friends</li> <li>• Participate in sports training classes held by different organisations according to own interests</li> <li>• Go out for a walk after dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Do some simple exercises in the office (e.g. stretching exercises) when you feel tired or walk around in the office to ease fatigue</li> <li>• Use the staircase instead of lifts or escalators when travelling between different floors as far as possible</li> <li>• Make use of simple items in the office (e.g. water bottles and resistance bands) to do muscle-strengthening exercises</li> </ul>

Indeed, there are many opportunities to increase the amount of stretching exercise, aerobic exercise or muscle-strengthening exercise throughout the day. To develop an active and a healthy lifestyle, office workers can make your own exercise plan and set the exercise time for 15 to 20 minutes each time to incorporate exercise in daily life.