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MINISTRY OF HEALTH & PREVENTION

لحياة صحية  
MA'KOM  
For a healthier life



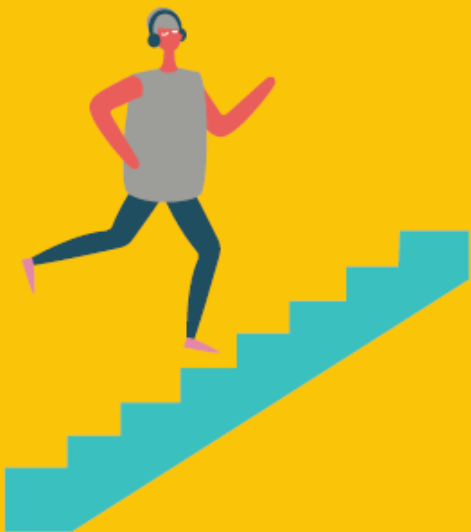
## Start By Planning For Physical Activity

Set goals and be realistic taking into consideration, time, health condition, etc. in order to avoid any future setbacks.



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## Increase Your Physical Activity Rate At Work

You can increase your physical activity rate at work in a number of different ways, such as using the stairs instead of the elevator, and parking your car a short distance from your office and walking to work.



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## Make Use Of Your Break Time During Working Hours

By doing any kind of physical activity such as walking – and try to walk quickly. Generally speaking, the faster you walk, the greater benefits you get.



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## Move More

You can increase your activity by printing and copying the papers you need, by yourself, instead of asking for help from others, or by going to your colleague's office to talk to them instead of using the phone or e-mail.



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# No More Excuses

You can do your preferred form of physical activity at any time and place without the need for certain sport equipment and without enrolling in a gym. Any movement where you expend energy and effort is considered physical activity, but make sure that the duration is not less than 30 minutes in order to achieve the desired target.



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## Walking Is A Useful Way To Gain Energy

- Do some warm-up activities for 15 minutes before beginning any physical workout, so as to prepare your body.
- Be sure to perform any physical activity, such as running or jogging, for at least 30 minutes a day and for 5 days weekly.



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## Physical Activity Is Your Key To Happiness

Being physically active helps your body to release hormones known as endorphins, which increase your feeling of happiness and relaxation.

**Start exercising today and be happy.**



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10

+

10

+

10

## Follow The 10 + 10 + 10 Rule

No more excuses, even if you are too busy and don't have a full 30 minutes to do your daily exercise. You can divide this period into three smaller 10-minute units, and distribute these units throughout the day.

*Studies have shown that you can achieve the same benefits through either exercising for 30 minutes a day or by exercising for three ten minute units.*





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## Try To Use Simple Lightweight Equipment

In your office, try to use simple lightweight equipment that will help you in doing quick activities, and to incorporate your chair into some of your exercises.



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START  
TODAY!

## You Just Need 21 Days To Make A Change

Follow these simple steps and you will become a role model for others

- Write down what you need to change: "I want to start doing any kind of physical activity for at least 15 minutes daily, and to increase this amount gradually."
- Plan for changes: "I will start with doing a simple physical activity for at least 10 minutes."
- Doing: "I will start today to do a simple physical activity for at least 10 minutes."
- Observing results: write down your achievements in your alteration journey.
- Continue: You may face some obstacles, but remember the benefits of physical activity as an incentive for you to continue.