

Move that

Body!

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WOW! Did you know that the average person sits for 15-16 hours daily? By sitting we are limiting our blood circulation. Physical inactivity has been linked to illnesses such as diabetes, cancer, hypertension, high cholesterol, stiffness in bones and muscles.

So we must move that body!

Often, when we take the bus or the MRT, we sit. If you only have one to four stops, you may think about standing. When we sit, we burn around 80 to 100 calories, depending on our individual metabolic rates. While standing, we burn up to 120 to 180 calories. So it makes sense to stand when we can!

Fitness can actually be FUN. If we enjoy group exercise, then maybe an aerobics class or a friendly soccer match would suit you. If you enjoy exercising alone, then a jog near a park or a session in a gym would be more fun.

Make sure you select something you enjoy and where appropriate, ask for professional fitness advice to prevent unnecessary injuries. When you start your programme, please try to:

1. perform it 3-4 times a week. Alternate days (Monday, Wednesday, Friday or Tuesday, Thursday, Saturday) would be good;
2. extend the time to 20-40 minutes to receive the full benefits. You can even split it up into three 10 minute sessions, i.e. 10 minutes in the morning, 10 minutes at noon and 10 minutes in the evening;
3. warm up, stretch your body and cool down;
4. drink plenty of plain water, as our bodies are composed of 75% water so we must replenish it with water.

We must all take care of our bodies. Stay healthy!