

April 2024 - Weekly Health Tips

week 4

PHYSICAL INACTIVITY AND FOOD

Dear Colleagues,

Welcome to Week 4 of our Weekly Health Tips series!

This week, we are tackling the vital issue of Physical Inactivity and Poor Dietary Choices. As we delve into this topic, we will explore the profound impact of lifestyle habits on health, offering valuable insights, practical tips, and resources to help you make informed choices and prioritize your well-being. Join us as we navigate through the complexities of physical activity and nutrition, empowering you to adopt healthier habits and thrive in every aspect of your life.

Happy Reading!

This Health Tips document brought to you by
We Are One (WAO) - Power Partners Group

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Checklist

Health Habits Self-Assessment Checklist

Instructions: Answer each question honestly to help assess your current physical activity and dietary habits.

- I prefer walking for an hour in a shopping mall over spending 30 minutes in the park.
- I get less than 150 minutes of moderate-intensity exercise per week. *(Moderate-intensity activity means being able to talk but not sing during the activity.)*
- I take frequent breaks throughout the day to stand up and move around.
- I often take the stairs instead of the elevator or escalator.
- I prioritize walking or biking for short trips instead of always driving.
- I eat at least 5 servings of fruits and vegetables per day.
- I limit my intake of processed foods, sugary drinks, and unhealthy fats.
- I read food labels to be aware of ingredients and nutritional content.
- I plan my meals and snacks to ensure I'm making healthy choices.
- I am motivated to find ways to become more active.

Scoring:

For each "yes" answer, please give yourself ONE(1) point.
Check out the result on next page.

BACK ◀



Checklist

Health Habits Self-Assessment Checklist

0 - 3 points

You have multiple areas where you could make improvements in both activity and dietary habits. These small changes can have a big impact on your overall health!

4 - 6 points

It's great to see that you are already on the path to a healthier lifestyle! Making positive changes, no matter how small, is a fantastic achievement. Keep up the good work, and don't forget to celebrate every step forward along the way!

7 - 10 points

You are making excellent choices by prioritizing your health through physical activity and dietary decisions. It's essential to understand that health is a continuous journey, not a final goal. Your dedication to your well-being is motivating and will undoubtedly result in a happier and healthier you. Keep up the fantastic effort!

This checklist serves as a foundation for self-awareness. Its purpose is to motivate everyone towards making positive lifestyle adjustments. Keep reading to delve deeper into the "Health Tips" provided in this document.



Introduction

What is Physical Inactivity and Poor Dietary Choices?

Physical Inactivity

Physical inactivity refers to not engaging in enough physical activity to maintain good health. It includes activities such as walking, jogging, swimming, cycling, and strength training. Sedentary behaviours, such as prolonged sitting or lying down, contribute to physical inactivity.

Poor Dietary Choices

Poor dietary choices involve consuming foods that are high in unhealthy fats, sugars, and sodium, while lacking essential nutrients. These choices often include fast food, processed snacks, sugary beverages, and convenience meals, which are low in nutritional value and can contribute to weight gain and chronic diseases.

Physical inactivity and poor dietary choices often go hand in hand as components of an unhealthy lifestyle. **Sedentary behaviours may lead to increased consumption of calorie-dense, nutrient-poor foods, as individuals seek convenience and comfort.** In turn, consuming these unhealthy foods can contribute to weight gain, further reducing motivation for physical activity and perpetuating a cycle of inactivity and poor dietary choices.

Signs & Symptoms

Linked to Physical Inactivity and poor dietary choices

Signs and symptoms of diseases linked to physical inactivity and poor dietary choices vary depending on the specific condition, but may include:



WEIGHT GAIN / DIFFICULTY MANAGING WEIGHT

Noticeable sign that commonly indicates implications for one's overall health.



FATIGUE AND LOW ENERGY

Impacts quality of life, interfering with work and daily activities.



FREQUENT DIGESTIVE ISSUES

Create discomfort and can signify a need for dietary improvements.



MOOD SWINGS AND IRRITABILITY

Mental well-being is strongly connected to physical health.



INCREASED RISK OF CHRONIC DISEASES

Physical inactivity and poor diet may not have immediate symptoms but can harm the body over time, leading to chronic diseases.



FOOD CRAVINGS

Often linked to nutritional deficiencies, these signal the body isn't getting what it needs.

Common Diseases

Linked to Physical Inactivity & Poor Dietary



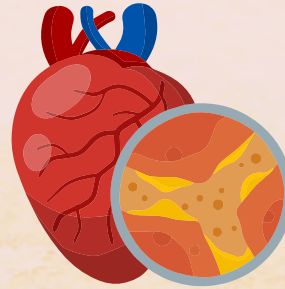
Obesity

Lack of physical activity contributes to weight gain and obesity, which increases the risk of diabetes, heart disease, stroke, and certain cancers.



Type 2 Diabetes

Insufficient physical activity reduces insulin sensitivity and contributes to insulin resistance, increasing the risk of type 2 diabetes.



Cardiovascular Diseases

Sedentary lifestyles are associated with hypertension, coronary artery disease, heart attacks, strokes, and heart failure.



Osteoporosis

Inadequate weight-bearing exercise can lead to decreased bone density and increased risk of osteoporosis and fractures.

Who Can Be Diagnosed with These Diseases?

Anyone, regardless of age, gender, or ethnicity, can be diagnosed with diseases linked to physical inactivity and poor dietary choices.

However, individuals with sedentary lifestyles, unhealthy eating habits, genetic predisposition, or other risk factors (such as obesity or family history of chronic diseases) may be at higher risk for developing these conditions.

Let's find Out

How Do These Diseases Affect Us?

Chronic diseases associated with physical inactivity and poor dietary choices can have profound effects on health and quality of life. Complications may include:



- Increased risk of heart attacks, strokes, and cardiovascular events
- Reduced mobility, flexibility, and independence
- Impaired cognitive function and mental health
- Higher healthcare utilization and medical costs
- Decreased life expectancy and overall mortality rates

Hence, **preventive measures play a crucial role** in enhancing health results, cutting down healthcare expenses, and elevating the quality of life.

Encouraging consistent physical activity and adopting healthy eating practices can help individuals reduce the chances of chronic illnesses, manage a healthy weight, and experience improved general well-being.

Tips to Prevent

How can you improve your health?



Have a balanced diet

Adopt a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting processed foods, sugary snacks, and high-calorie beverages.

Regular exercise

Engage in regular physical activity, incorporating aerobic exercise, strength training, and flexibility exercises into your routine.



Seek support from loved ones

Seek social support, accountability, and encouragement from friends, family members, or support groups to maintain motivation and adherence to healthy lifestyle habits.

Set achievable goals

Establish attainable goals by taking small steps initially, leading to behavior modification, gradually increasing physical activity, and enhancing dietary habits over time.

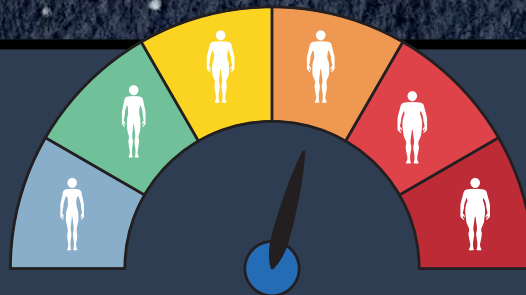


Self-Test Tools

useful tools and ways to test for your health

1

Body Mass Index (BMI) Calculator



(BMI Calculator : [CHECK BMI](#))

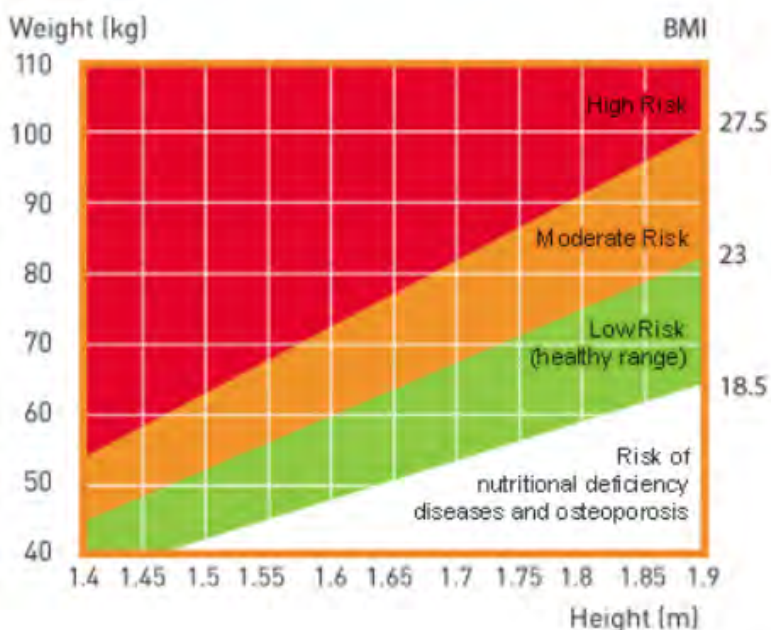
BMI is a simple tool that uses height and weight measurements to estimate body fat and assess weight status. Many online BMI calculators are available, allowing individuals to input their height and weight to determine their BMI category (underweight, normal weight, overweight, or obese).

BMI Ranges

18.5 TO 22.9 LOW RISK

23 TO 27.4 MODERATE RISK

27.5 AND ABOVE HIGH RISK



Note: BMI should not be used to calculate health risk in pregnant women, people with muscular build and the elderly. These BMI ranges also do not apply to youths below 18 years.

BMI FORMULA

METRIC UNITS

$$\text{BMI} = \frac{\text{weight [kg]}}{\text{height}^2 \text{ [m}^2\text{]}}$$

Self-Test Tools

useful tools and ways to test for your health

2

Physical Activity Assessment

Various online questionnaires and apps are available to assess an individual's level of physical activity. These tools may ask about the frequency, duration, and intensity of different types of activities to provide an estimate of overall physical activity levels and adherence to exercise guidelines.

One such test is the [Fitness and Health Level Self-Assessment Test by ActiveSG](#). Click the link below to find out more!

(Fitness and Health Level Self-Assessment Test: [CHECK HERE](#))

Alternative, you may proceed some simple fitness tests such as [Physical Proficiency Test \(IPPT\)](#), which includes:

- push-ups (upper body strength)
- sit-ups (core strength)
- 2.4km runs (cardiovascular endurance)

These can be used to assess different aspects of physical fitness, to help individuals gauge their current fitness level and track progress over time.

(IPPT Test - Scoring and Calculation: [CHECK HERE](#))



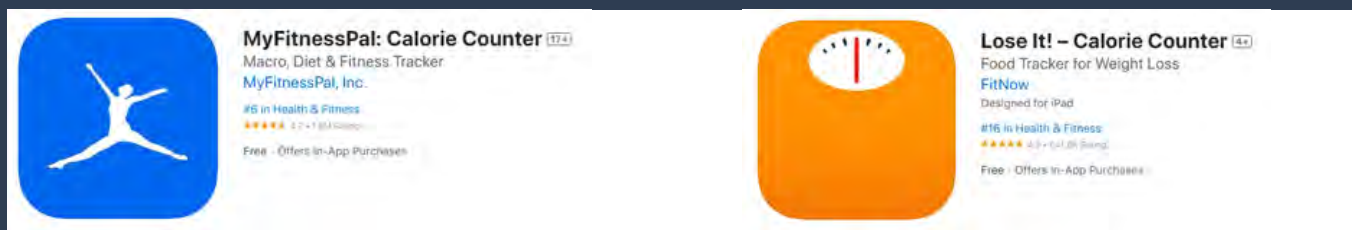
Self-Test Tools

useful tools and ways to test for your health

3

Dietary Assessment Tools

Food diaries, dietary recall questionnaires, and online food tracking apps can help individuals monitor their dietary habits and nutrient intake. These tools may provide insights into eating patterns, portion sizes, food choices, and nutrient deficiencies, helping users identify areas for improvement in their diet. Examples of such apps are MyFitnessPal and Lose It! Calorie Counter.



You can refer to the [Ministry of Health Singapore \(Health Hub\)](#) for the most recent dietary guidelines tailored to adult Singaporeans between the ages of 18 and 69.

Eight Dietary Guidelines for Adult Singaporeans (18 to 69 years) are as follows:

1. Enjoy a Variety of Food Using Some Healthy Guidelines
2. Achieve and Maintain Body Weight Within the Normal Range
3. Eat Sufficient Amounts of Grain, Especially Wholegrains
4. Eat More Fruit and Vegetables Every Day
5. Choose and Prepare Food with Less Fat, Especially Saturated Fat
6. Choose and Prepare Food with Less Salt and Sauces
7. Choose Beverages and Food with Less Sugar
8. If You Drink Alcoholic Beverages, do so in Moderation.

Self-Test Tools

useful tools and ways to test for your health

4

Health Risk Assessments

Many healthcare organizations and insurance providers offer online health risk assessments that evaluate various risk factors for chronic diseases, including physical inactivity and poor dietary choices. These assessments may include questions about lifestyle habits, family history, medical conditions, and other relevant factors to estimate overall health risks and provide personalized recommendations. **A Diabetes Risk Assessment by HealthHub can be found [here](#).** Below is a simple Osteoporosis Self-Assessment Tool.

Osteoporosis Self-Assessment Tool for Asians (OSTA)
测试亚洲骨质疏松症自我测试工具

Age 年龄 (years)	Weight 体重 (kg)							
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
45-49	Low	Low	Low	Low	Low	Low	Low	Low
50-54	Low	Low	Low	Low	Low	Low	Low	Low
55-59	Low	Low	Low	Low	Low	Low	Low	Low
60-64	Low	Low	Low	Low	Low	Low	Low	Low
65-69	High	Low	Low	Low	Low	Low	Low	Low
70-74	High	High	Low	Low	Low	Low	Low	Low
75-79	High	High	High	Low	Low	Low	Low	Low
80-84	High	High	High	High	Low	Low	Low	Low
85-89	High	High	High	High	High	Low	Low	Low

Osteoporosis Risk: 患上骨质疏松症的机率 : High 高 Moderate 中 Low 低

IGA Institute of Geriatrics and Health Services

Osteoporosis Self-Assessment Tool ([TTSH - CLICK HERE](#))

Self-Test Tools

useful tools and ways to test for your health

5

Other Assessments

Blood Pressure Monitoring

Home blood pressure monitors are available for individuals to measure their blood pressure levels regularly. By monitoring blood pressure at home, individuals can track changes over time, identify hypertension, and take appropriate actions to manage their blood pressure through lifestyle modifications and medical treatment if necessary.

Blood Glucose Monitoring

Individuals at risk of diabetes or metabolic disorders can use home blood glucose monitors to measure their blood sugar levels. Regular monitoring can help individuals identify abnormal glucose levels, track trends, and make dietary and lifestyle adjustments to manage blood sugar levels effectively.

Cholesterol Screening

Home cholesterol testing kits are available for individuals to measure their cholesterol levels, including total cholesterol, LDL cholesterol (bad cholesterol), HDL cholesterol (good cholesterol), and triglycerides. Monitoring cholesterol levels at home can help individuals assess their cardiovascular risk and make lifestyle changes accordingly.

7 EASY EXERCISES

Try these exercises at least 3 days a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

THE ULTIMATE 20MIN HOME WORKOUT



Note: Before starting on any workout, it is important to start with a 5-10 minute warm up session. Please be aware of your health condition (e.g. pre-existing injuries, existing medical conditions) and take care not to overexert yourself.

1 → **2** → **3** → **4**

Jumping Jacks (2 mins)
Rest 30 secs

Lunges (1 min)
Rest 30 secs

Squat Jumps (1 min)
Rest 30 secs

Burpees (2 mins)
Rest 30 secs

5 → **6** → **7**

Lunges (1 min)
Rest 30 secs

Push-Ups (30 secs)
Rest 30 secs

Mountain Climbers (1 min)
Rest 30 secs

8 → **9** → **10**

Vertical Leg Crunches (30 secs)
Rest 30 secs

Mountain Climbers (1 min)
Rest 30 secs

Box-and-Reach Drill (30 secs)
Rest 30 secs

11 → **12** → **13**

Flutter Kicks (1 min)
Rest 30 secs

Push-Ups (30 secs)
Rest 30 secs

Jumping Jacks (2 mins)



Learn more ways to stay active at [moveit.sg](https://www.moveit.sg)

BACK ◀

Physical Activity Guidelines

recommend healthy exercises for all ages

Click on the image to enlarge it.

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PRESCHOOL CHILDREN (0-6 YEARS)

Preschool children should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.

MOVE WITH FUN & GROW

RECOMMENDATIONS

Sedentary Time	Physical Activity	SLEEP WELL
0-2 YEARS: Limits the amount of time spent being sedentary, particularly recreational screen time not recommended. Instead, engage in imaginative play and storytelling activities.	0-1 years: Encourage interactive floor-based activities for a minimum of 30 minutes a day. 1-2 years: Spend at least 180 minutes doing a variety of physical activities of any intensity, spread throughout the day. Aim for daily outdoor play.	0-3 months: 14 to 17 hours 4-11 months: 12 to 15 hours 1-2 years: 11 to 14 hours
3-6 YEARS: Limits the amount of time spent being sedentary, keeping recreational screen time to less than an hour a day.	3-4 years: Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate to vigorous-intensity activity, spread throughout the day.	3-4 years: 10 to 13 hours 5-6 years: 9 to 13 hours

TIPS

- Create a home environment that encourages movement and exploration.
- Visit outdoor playgrounds for your child to engage in social play and interact with others who will be active.
- Introduce activity-based games. E.g. Animal movements, dance activity.
- Establish a consistent bedtime routine to help your child develop good habits.
- Encourage a wide variety of movements like running, jumping, crawling, throwing, and kicking in different environments, to build Fundamental Movement Skills (FMS).

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

0-6 years old

Nurture Care

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR SCHOOL CHILDREN AND YOUTHS (7-17 YEARS)

School children and youths can engage in physical activity through many different settings and settings through recreation and leisure, such as school, at home and in community settings. They should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.

MOVE WITH PLAY & GROW

RECOMMENDATIONS

PLAY FOR 60 & MIX IT UP: Moderate Intensity
 Accumulate an average of 60 minutes in moderate to vigorous-intensity aerobic activity every day across the week.
*There is no need to engage in any one type of moderate-intensity activity. A variety of vigorous-intensity aerobic activities, muscle and bone strengthening exercises should be incorporated at least 3 days a week to promote the development of movement skills.

PLAY MORE: Sedentary Behaviour
 Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activity of any intensity, including those of light intensity.

SLEEP WELL: Quality Sleep
 7-13 years: 9 to 12 hours
 14-17 years: 8 to 10 hours

TIPS

- Incorporate active travel into the weekly routine, such as walking or cycling to school.
- Visit outdoor playgrounds for your child to engage in social play and interact with others who will be active.
- Consider joining a sports team/subgroup/club to experience physical activity in a social setting, which can help school children and youths develop active hobbies or interests.
- Explore a variety of activities to help school children and youths develop active hobbies or interests.
- Stand up while studying or take movement breaks in between study sessions.

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

7-17 years old

65 years old & above

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR ADULTS (18-64 YEARS)

Adults are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - at home throughout the day, and forms of transportation (cycling, brisk walking, jogging), or in occupational and community settings.

MOVE MORE & THRIVE

RECOMMENDATIONS

GET MOVING & MIX IT UP
 Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activity of any intensity.

GET STRONGER
 Strengthen muscles, bones, and joints through activities at moderate- or vigorous-intensity, at least 2 days per week. For those over 50 years, include multi-component physical activity that emphasizes strength and functional balance at least 2 days of the week at a moderate or greater intensity.

HIT 150-300
 Aim for at least 150 to 300 minutes of moderate-intensity aerobic activity per week.
*Many forms of physical activity are generally considered as low-intensity, such as moderate-intensity activity.

SLEEP WELL: Quality Sleep
 7-9 years: 9 to 12 hours
 10-17 years: 8 to 10 hours

TIPS

- Incorporate active travel into your daily routine, such as walking or cycling to work, school, university, and grocery, particularly and help less on food deliveries.
- Start with some light-intensity activity or options to being active.
- Start with small changes that taking the stairs instead of the lift, an extra bike perfect.
- Work out your muscle groups through different activities, such as lifting, swimming, and yoga.
- Being active can be enjoyable: try a few spots or explore new fun places.

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

18-64 years old

Inspire Care

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PREGNANT & POSTPARTUM WOMEN

Pregnant and postpartum women without any medical issues are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - at home throughout the day, or in occupational and community settings.

MOVE WITH CARE & NURTURE

RECOMMENDATIONS

KEEP MOVING
 Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activity of any intensity.

BUILD STRENGTH
 Incorporate muscle strengthening activities. Adding gentle stretching may also be helpful.

HIT 150
 Engage in at least 150 minutes of moderate-intensity aerobic physical activity per week.

TIPS

- Doing some physical activity is better than none.
- Ask into your physical activity routine progressively. Listen to your body and seek your doctor's recommendation on suitable activities if you are unsure of how to start.
- Core strengthening activities and pelvic muscle training may be performed regularly to strengthen the trunk and reduce the risk of urinary incontinence.
- Avoid participating in activities which involve physical contact or a higher risk of falling.

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS (65 YEARS & ABOVE)

Older adults should engage in regular physical activity to improve overall wellbeing, enhance functional capacity, and prevent falls.

MOVE STRONG & BE BALANCED

RECOMMENDATIONS

KEEP MOVING
 Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activity of any intensity.

KEEP MOVING
 Aim for at least 150 to 300 minutes of moderate-intensity aerobic physical activity per week.
*Many forms of physical activity are generally considered as low-intensity, such as moderate-intensity activity.

KEEP MOVING
 Engage in varied multi-component physical activity at home or in a structured group setting, which can combine aerobic, muscle-strengthening, and balance training into a session.

KEEP MOVING
 Engage in varied multi-component physical activity at home or in a structured group setting, which can combine aerobic, muscle-strengthening, and balance training into a session.

TIPS

- Incorporate simple strength training exercises such as resistance band exercises when watching your favourite shows.
- Walk or play sports with your family and friends; this is a great way to be active while spending quality time with your loved ones.
- Play and try different sports with friends at publicly available sports facilities.
- Make use of the outdoor fitness equipment around your community space or your built environment as you brisk walk around your neighbourhood.

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PERSONS WITH DISABILITIES

Persons with disabilities can achieve important health benefits from physical activity. They should try to meet these recommendations where possible and as able.

MOVE TOGETHER & INSPIRE

RECOMMENDATIONS

GET STRONGER
 Strengthen muscles, bones, and joints through activities at least 2 days a week.

KEEP MOVING
 Aim to engage in physical activities every day, including light-intensity activities.

HIT 150-300
 Aim for at least 150 to 300 minutes of moderate-intensity aerobic physical activity per week.
*Many forms of physical activity are generally considered as low-intensity, such as moderate-intensity activity.

TIPS

- Avoid staying sedentary by sprinkling out some light-intensity activity throughout the day.
- Turn your kids into social events by reaching out to your friends and family to exercise together for extra support and motivation.
- Talk to your doctor's recommendations on suitable physical activities if unsure on how to start.
- Listen to your body, reduce the frequency of your activities and adjust accordingly to prevent overexertion.

EXERCISE INTENSITY

- Light:** Can talk in full sentences and sing.
- Moderate:** Can talk in phrases or short sentences but cannot sing.
- Vigorous:** Have difficulty talking.

BACK

April 2024 - Weekly Health Tips

"Warning:
Before beginning any
program of physical
inactivity, consult your
doctor. Sedentary living is
abnormal and dangerous
to your health."

- Frank Forencich

Thank you for joining us on this journey to explore health and well-being! We hope this Health Tips provided valuable insights and practical tips to empower you to make informed choices about your lifestyle. **If you have any comments, questions, or suggestions for future topics, please don't hesitate to share them with us.** Your feedback is important as we strive to create even more informative and engaging resources for our employees.