

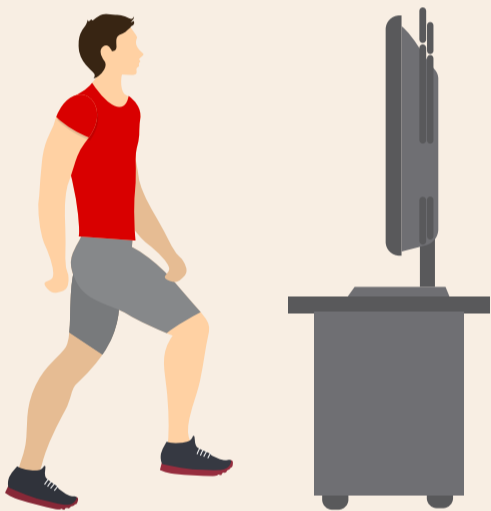
EASY WAYS TO CLOCK AT LEAST 150-300 MINS OF EXERCISE AT HOME

Start every workout with 5-10 minutes of warm-up exercises (e.g. dynamic stretching, jogging on the spot, jumping jacks) and end with 5-10 minutes of cool-down stretches.



Safety first! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

EASY WAYS TO STAY ACTIVE



Walk on the spot
30 mins



Climb stairs
15 mins



Housework
30 mins

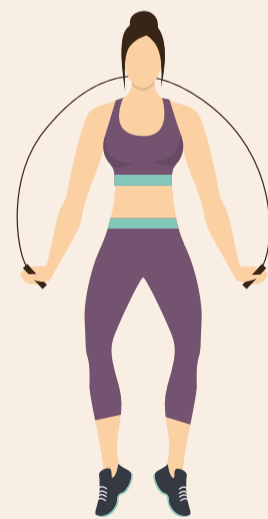
EASY CARDIO AT HOME!



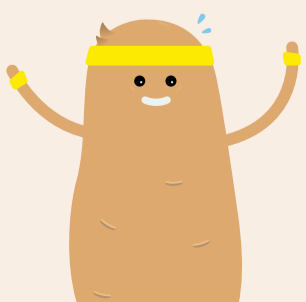
Jog on the spot
30 mins



Jumping Jacks
15 mins



Skipping
15 mins



Aim to meet the recommended minimum of 150-300 minutes of moderate-intensity aerobic physical activity and at least 2 days of muscle-strengthening activity weekly.



Discover more ways to stay active at moveit.gov.sg or download the H365 app now!