

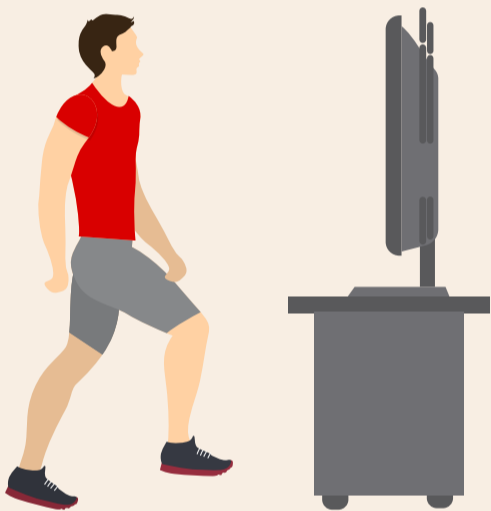
# EASY WAYS TO CLOCK AT LEAST 150-300 MINS OF EXERCISE AT HOME

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

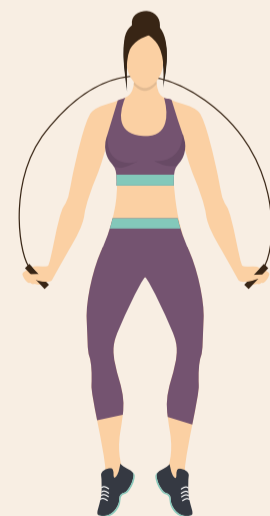
## EASY CARDIO AT HOME!



**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](https://moveit.gov.sg) or download the H365 app now!