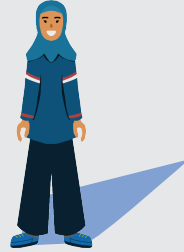


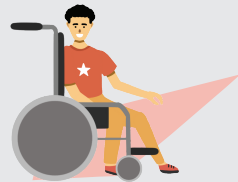
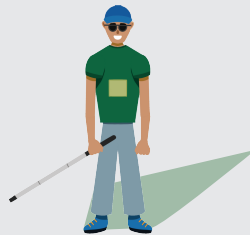
2022



Ministry of Health, Brunei Darussalam

National Physical Activity Guidelines for Brunei Darussalam

Second Edition



National Physical Activity Guidelines for Brunei Darussalam

Second Edition

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



more than
300
minutes
PER WEEK

On at least
2 days
a week
muscle
strengthening
activities

On at least
3 days
a week
multicomponent
activities for
balance and
strength

150
minutes
PER WEEK

150
minutes
PER WEEK

60
minutes
PER DAY

150
to
300
minutes
PER WEEK

LIMIT
sedentary time

REPLACE
with some
physical activity

PREGNANT & POSTPARTUM WOMEN

ADULTS & OLDER ADULTS

CHILDREN & ADOLESCENTS

ADULTS

OLDER ADULTS

EVERYONE WHO CAN



Contents

Introduction	1
Concept of Physical Activity	3
Domains of Physical Activity	6
Safety considerations for Physical Activity	7
Guideline for Early Age (Birth to 5 years)	12
Guideline for Children and adolescents (5 to 17 years)	14
Guideline for Adults (18 to 64 years) and Older Adults (65 years and above)	17
Guideline for Women during Pregnancy and the Postpartum Period	22
Tips in Weight Management	26
How to be active?	30
How to stay active?	31

Introduction

The National Physical Activity Guidelines provide recommendations on the amount of physical activity, the health benefits and disadvantages of sedentary behaviour for early age, children, adolescents, adults and older adults, and those with chronic conditions and special physical needs.

The guideline was prepared in alignment with the recent WHO Guidelines on physical activity and sedentary behaviour.

What is physical activity?

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure and can be performed as part of work, domestic chores, transportation or active recreation, or when participating in exercise or sports activities.

What is sedentary behaviour?

Sedentary behaviour refers to any waking behaviour characterized by a low level of energy expenditure. In general, sedentary behaviour is about sitting or lying or reclining at work, at home, getting to and from places, or with friends, including time spent sitting at a desk, travelling in car or time spent using a device such as a smartphone, computer, television, or video game console, but does not include time spent sleeping.




For children under 5 years of age, this includes time spent restrained in a car seat, high-chair, stroller, pram or in a carrying device or on a caregiver's back.



Concepts of Physical Activity

Intensity

The intensity of a certain activity relates to how much work is done, how challenging the activity is, or how much effort is necessary to complete the activity.

Intensity	Light 	Moderate 	Vigorous 
Relative	No noticeable changes in heart rate and breathing rate.	Mild increase in heart rate and breathing rate.	Large increase in a heart rate and breathing rate.
	At a pace where one able to easily talk and sing.	At a pace where one able to comfortably talk but not sing.	At a pace where one cannot say more than a few words without pausing for a breath.
		Develop a light sweat after about 10 minutes of activity.	Develop a sweat after only a few minutes of activity.
	<p><i>*A general rule of thumb is that 2 minutes of moderate-intensity activity counts the same as 1 minute of vigorous-intensity activity.</i></p>		
Examples	Walking at a slow or leisurely pace, cooking activities or light household chores.	Walking briskly or with purpose, cycling, mopping or vacuuming	Walking very fast, running, carrying heavy groceries or other loads upstairs or participating in a strenuous fitness class.

Types of physical activity

1. Aerobic Exercise

It is any activity that can be maintained over a period of time that causes the body to use more oxygen and uses large muscle group. It makes the heart and lungs stronger, lower blood lipids, lower blood pressure and uses up blood sugar. Aerobic exercise includes walking briskly, cycling, dancing, swimming, jogging, some team sports (football, basketball, etc).



2. Muscle Strengthening Activity

This kind of activity increases skeletal muscle strength, power, endurance and mass. It includes resistance training and weight lifting, causes the body's muscles to work or hold against an applied force or weight. These activities often involve lifting relatively heavy objects multiple times, such as weights, to strengthen various muscle groups.

Muscle strengthening activity can also be done by using elastic bands or body weight for resistance (climbing a tree, lifting objects, sit-ups or doing push-ups, for example). The effects of muscle strengthening activity are limited to the muscles doing the work. It is important to work all the major muscle groups of the body—the legs, hips, back, abdomen, chest, shoulders and arms.

3. Bone Strengthening Activity

This kind of activity (sometimes called weight-bearing or weight-loading activity) produces a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Examples of bone strengthening activity include jumping jacks, running, brisk walking and weight-lifting exercises. As these examples illustrate, bone strengthening activities can also be aerobic and muscle strengthening.



4. Balance Activity

This kind of activity can improve the ability to resist forces within or outside of the body that causes falls while a person is stationary or moving. Walking backwards, standing on one leg or using a wobble board are examples of balance activities. Strengthening muscles of the back, abdomen and legs also improves balance.



5. Flexibility Activity

This kind of activity enhances the ability of a joint to move through the full range of motion. Stretching exercises can effectively increase flexibility, allowing people to more easily do activities that require greater flexibility, such as yoga, tai chi and pilates.



Domains of Physical Activity

Leisure-time

Such activities include sports participation, exercise conditioning or training and recreational activities such as going for a walk, dancing and hiking.

Occupation/Work

Physical activity involving manual labour tasks undertaken during paid or voluntary work. Such activities include walking, carrying or lifting objects.

Education/School

Physical activity that comprised of physical education, sports or active transport (such as walking or cycling) undertaken in school environment.

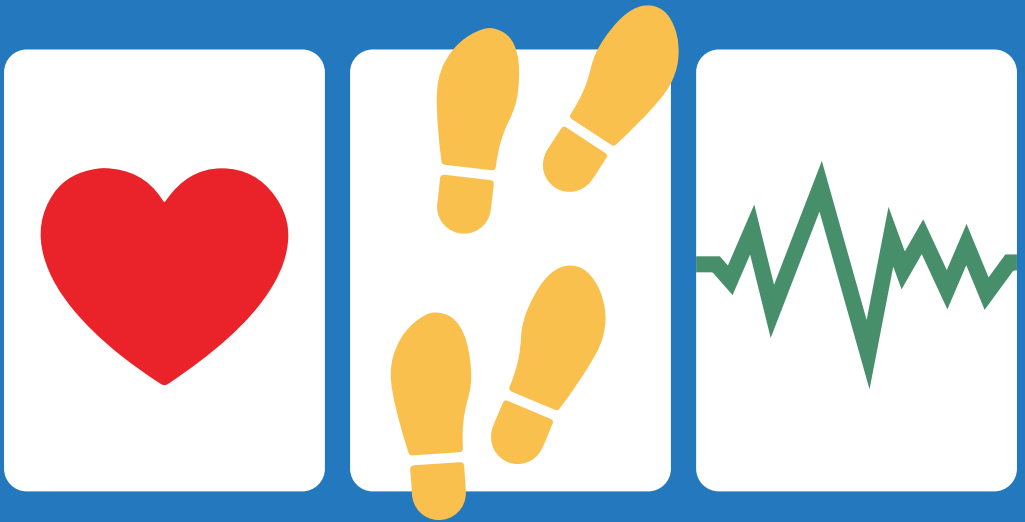
Household

Physical activity undertaken in the home for domestic duties (such as cleaning, caring for children, gardening etc.).

Transportation

Physical activity performed for the purpose of getting to and from places which refers to walking, cycling and wheeling (the use of non-motorized means of locomotion with wheels, such as scooters, rollerblades, manual wheelchair, etc.).





Safety Considerations for Physical Activity

Know Your Limits & Your Needs

A big part of exercise safety is **prevention**. Your body will protect itself from injury when you give it the *food, water, rest and attention it needs to operate at its best*.

So, do your homework first, then get out there and start sweating!



Avoid Overexerting Yourself

Beware of pushing yourself too hard too often. If you are short of breath, are in pain or cannot work out as long as you had planned, your exercise intensity is probably higher than your fitness level allows. Back off a bit and build up your intensity gradually.



Physical Activity In The Heat

- Avoid participation in physical activity during the hottest parts of the day
- Use shaded areas whenever possible and especially between 10am and 3pm, when the sun is at the hottest
- In cases of extreme heat and humidity, restrict excessive physical activities outdoors

- Remind to drink enough water before, during and after physical activity
- Wear loose-fitting or light-coloured clothes and clothes that expose the skin to air in order to help sweat evaporate and cool the body
- Use sunscreen (sunblock) 20 minutes before going outdoors to protect entire skin exposed to the sun

- Physical activities in hot weather should only be at moderate level
- Splash your body with water to cool down before physical activity and during breaks

Weather: Sunny



35°C

Get Active Questionnaire

The **Get Active Questionnaire**, developed by the **Canadian Society for Exercise Physiology (CSEP)**, is intended to easily screen-in adults or older adults to participate in physical activity and exercise safely. It can help to rule out any underlying health concerns that could worsen with any physical activity.

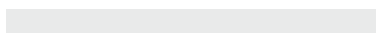
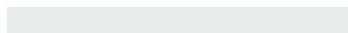
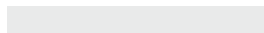
1. Have you experienced ANY of the following (A to F) within the past six months?

- A A diagnosis of/treatment for heart disease or stroke or pain/discomfort/ pressure in your chest during activities of daily living or during physical activity?
- B A diagnosis of/treatment for high blood pressure (BP) or a resting BP of 160/90 mmHg or higher?
- C Dizziness or light headedness during physical activity?
- D Shortness of breath at rest?
- E Loss of consciousness/fainting for any reason?
- F Concussion?

2. Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis or back pain) that affects your ability to be physically active?

- 3. Has a healthcare professional told you that you should avoid or modify certain types of physical activity?**
- 4. Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma or spinal cord injury) that may affect your ability to be physically active?**

If you answer YES to any of the questions on this list and you are not use to being active, you may want to check in with your doctor before you start doing any physical activity. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.



Guideline for Early Age (Birth to 5 years)

Physical activity is central to optimal growth and development for under 5s.

Regular physical activity is valuable in:

- developing motor skills
- promoting healthy weight
- enhancing bone and muscular development
- developing social and learning skills

It is important to establish a high level of physical activity at an early age in order to encourage activity patterns later in adolescence that are sufficient to benefit health.



Encourage babies and young children to have fun and play

When you're looking for things to do with children aged less than 5 years, look for activities that focus on fun and play.

Infants (less than 1 year old):

Physical activity should be encouraged from birth, through floor-based play and water-based activities in safe environments.

Toddlers and pre-schoolers (age 2–5 years old):

Physical activity should be encouraged for at least 180 minutes (3 hours), spread throughout the day.

Minimise the amount of time being sedentary

Minimise time spent being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., in a stroller, playpens, high chair or car seat) for more than 1 hour at a time.

Quality sedentary behaviour like reading, storytelling, singing, painting and playing puzzles support healthier growth and development.

Screen time (e.g., TV, computer, electronic game, tablet, or phone):

1) For younger than 2 years: NOT RECOMMENDED.

2) For aged 3–5 years: No more than 1 hour; less is better.

Too much of sedentary behaviour including screen time can:

- Reduce muscle and bone development
- Increase risk of obesity
- Reduce cognitive function such as language, memory, concentration and thinking (for toddlers)

Note

- These guidelines are relevant to all children under 5 years of age and should be interpreted with consideration for individual physical and mental capabilities.
- All young children should be encouraged to be active to a level appropriate for their ability.
- Advice should be sought from healthcare professionals to identify the types and amount of physical activity that are appropriate for young children with special needs.

Guideline for Children and Adolescents

(5 to 17 years)

Doing some physical activity will benefit the children and adolescent health.

Physical activity helps the children and adolescents to:

- improve physical fitness
- maintain healthy weight
- improve academic performance with better learning, concentration and memory
- improve mental health such as depression and anxiety
- improve sleep

Encouraging physical activity at this age establishes a routine that could stay with them throughout life.

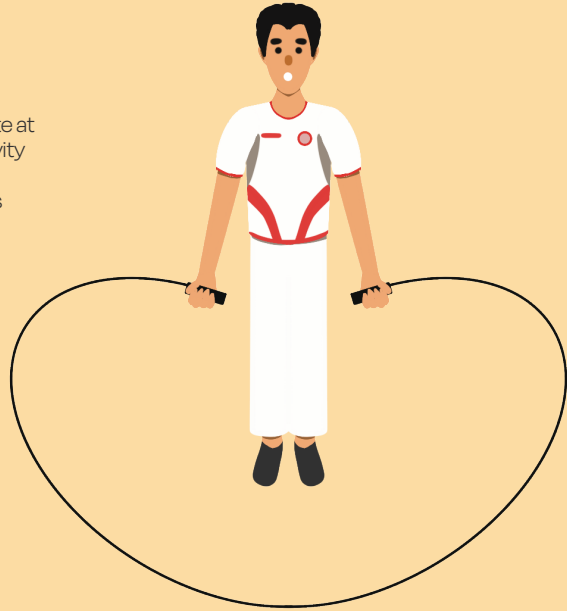


It is recommended to be active everyday

Children and adolescents aged 5-17 should accumulate at least 60 minutes of moderate to vigorous physical activity daily and therefore should be given time to be active, playing or doing sport. It is important to include vigorous activities that will make kids "huff and puff".

Muscle strengthening, bone strengthening and flexibility activities should be done at least 3 times a week.

The strengthening activities produce a force on the bones of the body that promotes bone growth and strength.



Children and adolescents should limit the amount of time spent being sedentary.

Sedentary activities in children and adolescents include:

- Screen and computer-based leisure time such as television viewing, playing electronic games, tablets, phones and computer games
- Leisure activities such as listening to music, sitting and talking to friends
- Transport-related activities such as travelling by car or bus



Too much of sedentary behaviour including screen time can:

- Reduce physical fitness
- Increase risk of high blood pressure
- Gain body weight
- Reduce academic performance
- Increase risk of mental health such as depression and anxiety
- Reduce sleep duration

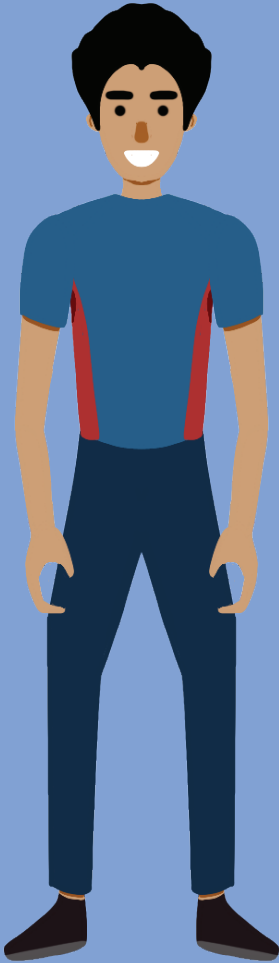
**Note**

- Doing some physical activity is better than doing none.
- Children and adolescents should start by doing small amounts of physical activity, and gradually increase the frequency, intensity and duration over time.
- Providing all children and adolescents with safe and equitable opportunities, and encouragement, to participate in physical activities that are enjoyable, offer variety, and are appropriate for their age and ability are important for the health of these future generations.
- Advice should be sought from healthcare professionals to identify the types and amount of physical activity that are appropriate for children and adolescents with special needs.



Guideline for Adults (18 to 64 years) and Older Adults (65 years and above)





Benefits of doing physical activity:

- Reduce risk of cardiovascular diseases including heart disease and stroke
- Reduce risk of high blood pressure
- Reduce risk of site-specific cancers such as breasts, esophagus, stomach, colon, endometrium (female), kidneys and bladder
- Reduce risk of type 2 diabetes
- Maintain healthy weight
- Improve brain functions such as learning, concentration or memory
- Improve mental health
- Improve sleep
- Reduce risks of osteoporosis, falls and falls- related injuries (for older adults)
- Reduce risk of adverse events such as injuries and harms
- Improve health related quality of life



Doing some physical activity is better than doing none.

Be active in as many ways as you can, and gradually increase the frequency, intensity and duration over time. Adults and older adults are encouraged to do the following:

- At least 150 minutes of moderate intensity aerobic physical activity spread throughout the week or
- At least 75 minutes of vigorous intensity aerobic physical activity spread throughout the week or
- An equivalent combination of moderate and vigorous intensity activity spread throughout the week.

For additional health benefits, healthy adults and older adults should increase their physical activity to:

- At least 300 minutes of moderate intensity aerobic physical activity spread throughout the week or
- At least 150 minutes of vigorous intensity aerobic physical activity spread throughout the week or
- An equivalent combination of moderate and vigorous intensity activity spread throughout the week.

Muscle and bone strengthening exercises should be performed at least 2 days per week.

Activities involving the use of major muscle groups of the body—the legs, hips, back, abdomen, chest, shoulders and arms on 2 or more days a week should be performed to strengthen bone and muscle.



For older adults, flexibility exercises should be performed 2 days a week for at least 10 minutes.

For older adults with poor mobility, balance exercise should be performed 3 or more days per week to reduce risk of falls.

Balance training exercises are important for those with history of falls or poor mobility.

Advice should be sought from healthcare professionals to identify the types and amounts of physical activity that are appropriate for individuals with chronic medical conditions such as diabetes mellitus, hypertension, asthma, cancer or living with disability

Adults or older adults with chronic medical conditions may wish to consult with a specialist or healthcare professionals for advice on the types and amounts of activity appropriate for their individual needs, abilities, functional limitations, complications, medications and overall treatment plan.



Break up long periods of sitting as often as possible.

Limit the amount of time spent being sedentary and replace it with more physical activity of any intensity (including light intensity). Too much of sedentary behaviour including screen time can:

- Reduce physical fitness
- Increase risks of depression and anxiety
- Increase risks of cancers, heart disease, stroke and type 2 diabetes
- Reduce sleep duration
- Increase body weight
- Reduce brain function

Note

If the recommended amount of physical activity cannot be performed due to health conditions or disabilities, adults and older adults should be as physically active as their functional ability allows and adjust their level of effort for physical activity relative to their level of fitness.

Guideline for Women during Pregnancy and the Postpartum Period



Physical activity during pregnancy and postpartum confers benefits on the following maternal and fetal health:

- Decrease risk of pre-eclampsia
- Decrease risk of gestational hypertension
- Decrease risk of gestational diabetes
- Decrease risk of excessive gestational weight gain
- Decrease risk of delivery complications
- Decrease risk of postpartum depression
- Less newborn complications
- No adverse effects on birthweight
- No increase in risk of stillbirth
- No adverse effects on breast milk volume or composition



Physical activity also helps women achieve and maintain a healthy weight during the postpartum period.

Doing some physical activity is better than doing none.

All pregnant and postpartum women without contraindication should:

- Undertake regular physical activity;
- Do at least 150 minutes of moderate intensity aerobic physical activity throughout the week for substantial health benefits;
- Incorporate a variety of aerobic and muscle strengthening activities; and
- Add gentle stretching which may also be beneficial.



Swimming

Yoga

This week: 5km

Brisk walk on Fri

Spinning at 5pm

Morning routine

7pm Dance Class

Women who were physically active before pregnancy can continue their activities during pregnancy and the postpartum period.

Provided they remain healthy and discuss with their healthcare professionals how and when activity should be adjusted over time.

Advice should be sought from healthcare professionals to identify the types and amount of physical activity that are appropriate for pregnant and postpartum women

Pregnant and postpartum women should be under the care of a healthcare professionals for antenatal and postnatal care who can advise on special considerations given their medical history and any contraindications to participate in physical activity during pregnancy or in the postpartum period.

Break up long periods of sitting as often as possible.

Limit the amount of time spent being sedentary and replace it with more physical activity of any intensity (including light intensity).

Some of the examples of physical activity in pregnancy:

- Walking
- Stationary Cycling
- Aerobic exercises
- Dancing
- Resistance exercises (e.g. using weights or elastic bands)
- Stretching exercises
- Hydrotherapy or water aerobics



Tips for Weight Management



Healthy eating habit, reduce sedentary behaviour and regular physical activity can result in significant long-term weight loss and achieve healthy body weight.

Check Body Mass Index (BMI) and other diseases

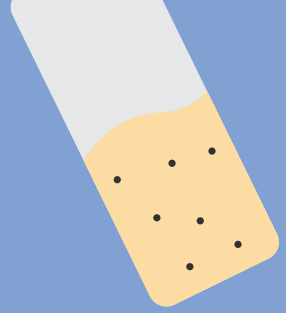
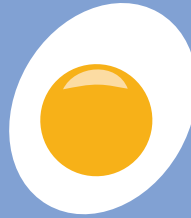
Calculate your BMI to know if you are overweight or obese. Find out if you have obesity related diseases such as diabetes, hypertension or asthma.

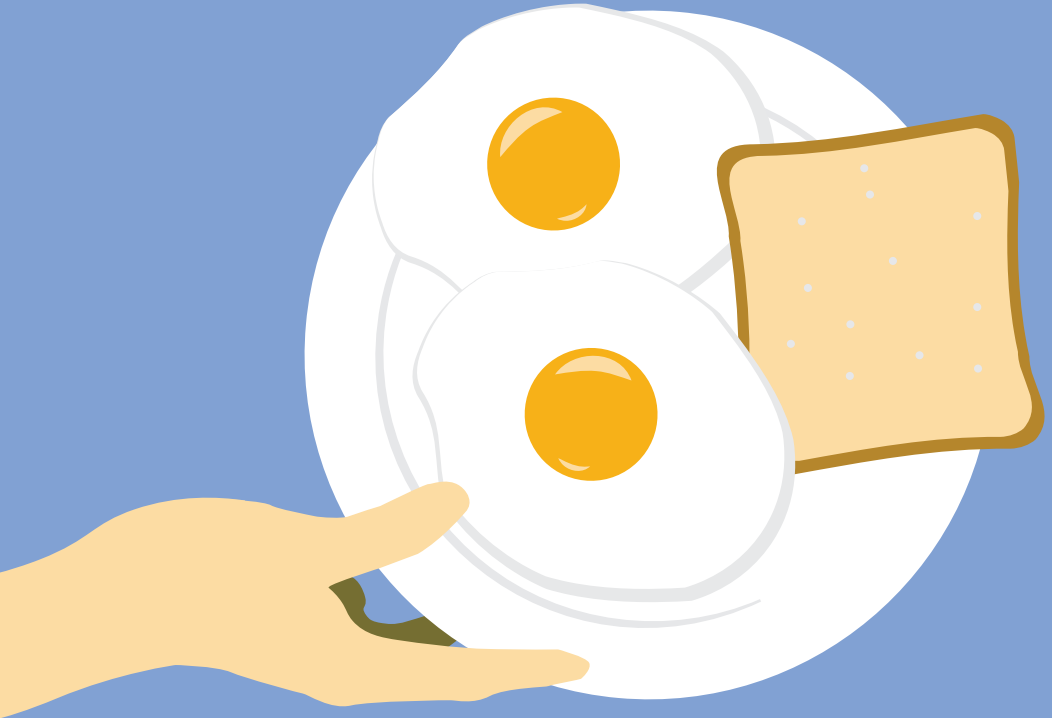
Set goals that are achievable

Identify, plan and try to achieve your short-term goals that can lead you to long-term success.

E.g. "I will adopt healthy lifestyle that will result in a 3-5% weight loss by this month."

When it comes to short-term goals, your perceived sense of accomplishment can increase and can keep you on track towards your long-term goals.





How to calculate BMI

BMI is a simple calculation using a person's height and weight.

Formula:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

BMI Category

< 18.5	18.5-24.9	25-29.9	30-34.9	35-39.9	≥ 40
Underweight	Normal	Overweight	Obese 1	Obese 2	Obese 3

BMI applies to most adults **18 - 65 years**.

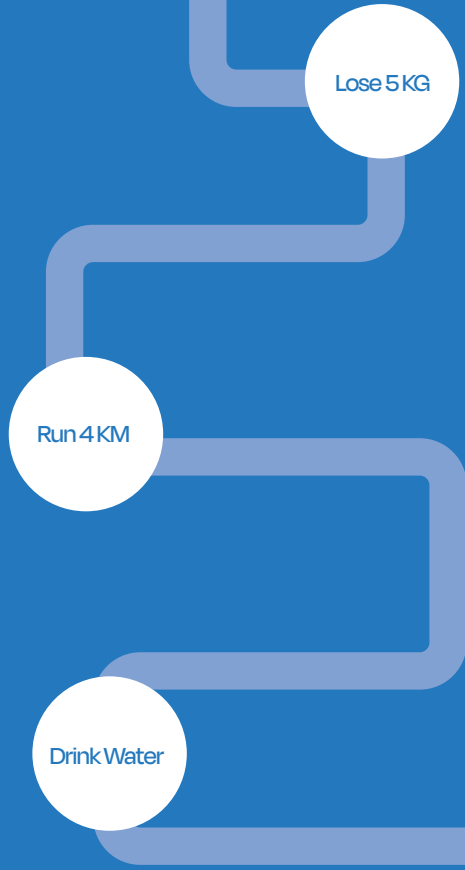
Combining regular physical activity with healthy eating habit and reduce sedentary time

Combining regular physical activity with healthy eating habit and reduce sedentary time can results in significant long-term weight loss as compared to dieting alone.

Doing some physical activity is better than doing none

Be active in as many ways as you can, and gradually increase the frequency, intensity and duration over time. Adults with obesity are encouraged to do:

- At least 150 minutes of moderate intensity aerobic physical activity progressing to 300 minutes of moderate intensity aerobic physical activity spread throughout the week
- Add on vigorous intensity aerobic physical activity spread throughout the week
- Muscle strengthening and flexibility exercise should be performed at least 2 days per week.



M HIIT	T Rest	W Run	T Aerobic	F Boxing	S Rest	S Cycling
------------------	------------------	-----------------	---------------------	--------------------	------------------	---------------------



How to be active?



Good start

Brisk walking can be a good starting point to be active. Just 4 kilometres (estimated 5000 steps) around your neighbourhood. Walk at a leisurely pace and break a light sweat by the time you arrive back at your house.

Make it easy. Listen to music, audiobooks or converse on the phone while you walk to make the most of your time.

Don't just sit around. Once you start moving at your own rate, you'll like being active.

Consider keeping a training diary

Take the time to recognise the improvements to your daily quality of life to sustain your motivation to exercise.

Short-term physical activity boosts your mood and improves your sleep habits. Overall, an active lifestyle makes you feel more confident and look better.

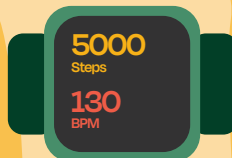


Try to do something active every day for at least twenty minutes

Identify a time when you are usually inactive and replace it with some physical activity.

One of the most common barriers that people have in getting active is that they do not have the time. If you usually spend a few hours every night relaxing by watching television or browsing the internet, take 20 minutes of that time to do some physical activity such as cleaning up the house or doing a short workout.

You can then gradually increase the frequency, intensity (how hard) and duration over time.



How to stay active?

Get active with someone

Having an active partner, it can influence your dedication and mood to stay active. If you're not up to doing anything active, it will be harder to cancel your arrangements to meet your partner. Find a time that works and make it a habit to meet at the place to do exercise together.

Consider to join group exercise class

Signing up for a regular aerobic fitness session or sport class can start you to do the activity frequently and help you to stay on track. Meetings with new people can help you to increase your circle of active friends who can support and keep you motivated.

Maintain a daily exercise regimen

Using a routine is the greatest approach to make it simple and integrate it into your daily life. If you have time in the morning, consider early morning exercise to make you motivated to wake up early. Start with your 20-minute physical activity and progress it further if you feel ready.





The *National Physical Activity Guidelines for Brunei Darussalam (Second Edition)* is designed by **AiCreativv**, a multidisciplinary design agency in Brunei that helps ambitious businesses build brand strategy, identity design & social media that inspires - born and grown in *UBD Startup Centre (USC)*.

Website: www.aicreativv.com
Mobile: +673 8824712
Email: hi@aicreativv.com
IG/FB: @aicreativv



Contact Us:

Health Promotion Centre,
Ministry of Health,
Bandar Seri Begawan BB3910
Brunei Darussalam

Tel:

+673 238 5800

Fax:

+673 238 4223

Instagram

hpcbrunei

Facebook

Health Promotion Centre

Email

hpc@moh.gov.bn



کمنتريڻ کصيحتن
KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.

