

# Promoting movement in stages

1. Inactive ( thumb), bedridden or highly sedentary
2. Incidental movement or activity (finger1) associated with daily living . Can be low, moderate or high depending on movement at home or work
3. Structured physical activity (finger 2) Govt. recommendations of 30 minutes moderate-intensity most days of the week for general health benefits
4. Structured - Exercise for fitness (finger 3) Includes vigorous activity for heart lung benefit
5. Structured - Exercise for performance (finger 4) Winning a gold medal, improving time in an event



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