WNSC HK HEALTHY EATING TIPS CARD

PHYSICAL ACTIVITY AND NUTRITION

How much physical activity (PA) is recommended?

ADULTS

PREGNANT WOMEN

CHILDREN

≥ 150 min/week at moderate intensity and aerobic, 30 min/day and can be divided into 3 x 10-min sessions1,2

Moderate intensity = can make your heart beat faster, feel sweaty or breathe heavily, e.g. stair walking for 15 min³

≥ 30 min/day, can be accumulated from separate sessions⁴

Appropriate intensity = still able to carry out conversation while exercising, e.g. brisk walking or doing housework

≥ 60 min/day, moderate to vigorous intensity and counted cumulatively⁵

Including games, sports, physical education lessons, leisure activities and walking

How much energy is burnt through PA?



EXTRA TIP:3

Daily PA expenditure of 150 calories (kcal) is already associated with health benefits!

Multiply the below numbers by your weight (kg) and activity duration (min) to calculate an approximate energy expenditure (EE) in kcal for these activities.⁶

Type of PA	EE (kcal/min/kg)
Sitting	0.021
Standing	0.028
Doing housework	0.062
Table tennis	0.068
Walking	0.083
Bowling	0.094
Badminton	0.098

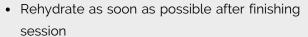
Type of PA	EE (kcal/min/kg)
Tennis	0.109
Roller-skating	0.113
Freestyle swimming	0.128
Running*	0.134-0.194
Basketball	0.138
Breaststroke swimming	0.162
Skipping	0.162

*Running around a football field 4 times or 1.6 km, in 11 min = 0.134 kcal/min/kg, in 9 min = 0.194 kcal/min/kg

What should I eat when I exercise?

BEFORE?





- · Depends on personal tolerance without triggering stomach upset (normally a main meal 2-4 hrs before exercising is tolerated)
- A small snack 1-2 hrs before can help to top up fuel stores
- Rich in carbohydrate
- Low in fibre and easy to digest (note high-fat foods are slow to digest)
- · Fruit smoothie, toast with jam, small bowl of noodles or pasta



Timing

- Eating within ~60-90 min is the most effective to replenish body stores and promote muscle repair and growth
- Rich in carbohydrate
- Contains some lean protein
- Include a source of fluid and electrolytes
- Chicken salad sandwich, muesli with yoghurt and berries, tuna on crackers with a fruit



Food Type

Examples



