

# WN SC HK HEALTHY EATING TIPS CARD

## PHYSICAL ACTIVITY AND NUTRITION

### How much physical activity (PA) is recommended?

ADULTS	PREGNANT WOMEN	CHILDREN
<p>≥ 150 min/week at moderate intensity and aerobic, 30 min/day and can be divided into 3 x 10-min sessions<sup>1,2</sup></p> <p>Moderate intensity = can make your heart beat faster, feel sweaty or breathe heavily, e.g. stair walking for 15 min<sup>3</sup></p>	<p>≥ 30 min/day, can be accumulated from separate sessions<sup>4</sup></p> <p>Appropriate intensity = still able to carry out conversation while exercising, e.g. brisk walking or doing housework</p>	<p>≥ 60 min/day, moderate to vigorous intensity and counted cumulatively<sup>5</sup></p> <p>Including games, sports, physical education lessons, leisure activities and walking</p>

### How much energy is burnt through PA?

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



#### EXTRA TIP:<sup>3</sup>

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

Type of PA	EE (kcal/min/kg)	Type of PA	EE (kcal/min/kg)
Sitting	0.021	Tennis	0.109
Standing	0.028	Roller-skating	0.113
Doing housework	0.062	Freestyle swimming	0.128
Table tennis	0.068	Running*	0.134-0.194
Walking	0.083	Basketball	0.138
Bowling	0.094	Breaststroke swimming	0.162
Badminton	0.098	Skiing	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<sup>7</sup>

- 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

#### Food Type

#### Examples

#### AFTER<sup>8</sup>

- Rehydrate as soon as possible after finishing session
- 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