

PHYSICAL ACTIVITY

Preventing Stress With Physical Activity

According to WHO, about **81% of adolescents** and **27,5% of adults** are currently **not fulfill minimum physical activity** to achieve optimal health.



PHYSICAL ACTIVITY TYPE

EASY WALK



Walk for 10 minutes

LEISURE SPORTS



Such as badminton, futsal, and tennis

YOGA



May relax the body

MARTIAL ARTS



Such as kickboxing and karate

BENEFITS OF PHYSICAL ACTIVITY

- ✓ For stress relief
- ✓ Prevent obesity
- ✓ Improve brain performance
- ✓ Boost stamina
- ✓ Lower risk of disease
- ✓ Healthy heart

THE ROLE OF PHYSICAL ACTIVITY

- Physical health
- Mental health
- Academic performance
- Social

Tips to manage time for physical activity when busy



Scheduled a specific time to do a physical activity



Choose any physical activities that you'd like to do



Persuade your friend to do it together