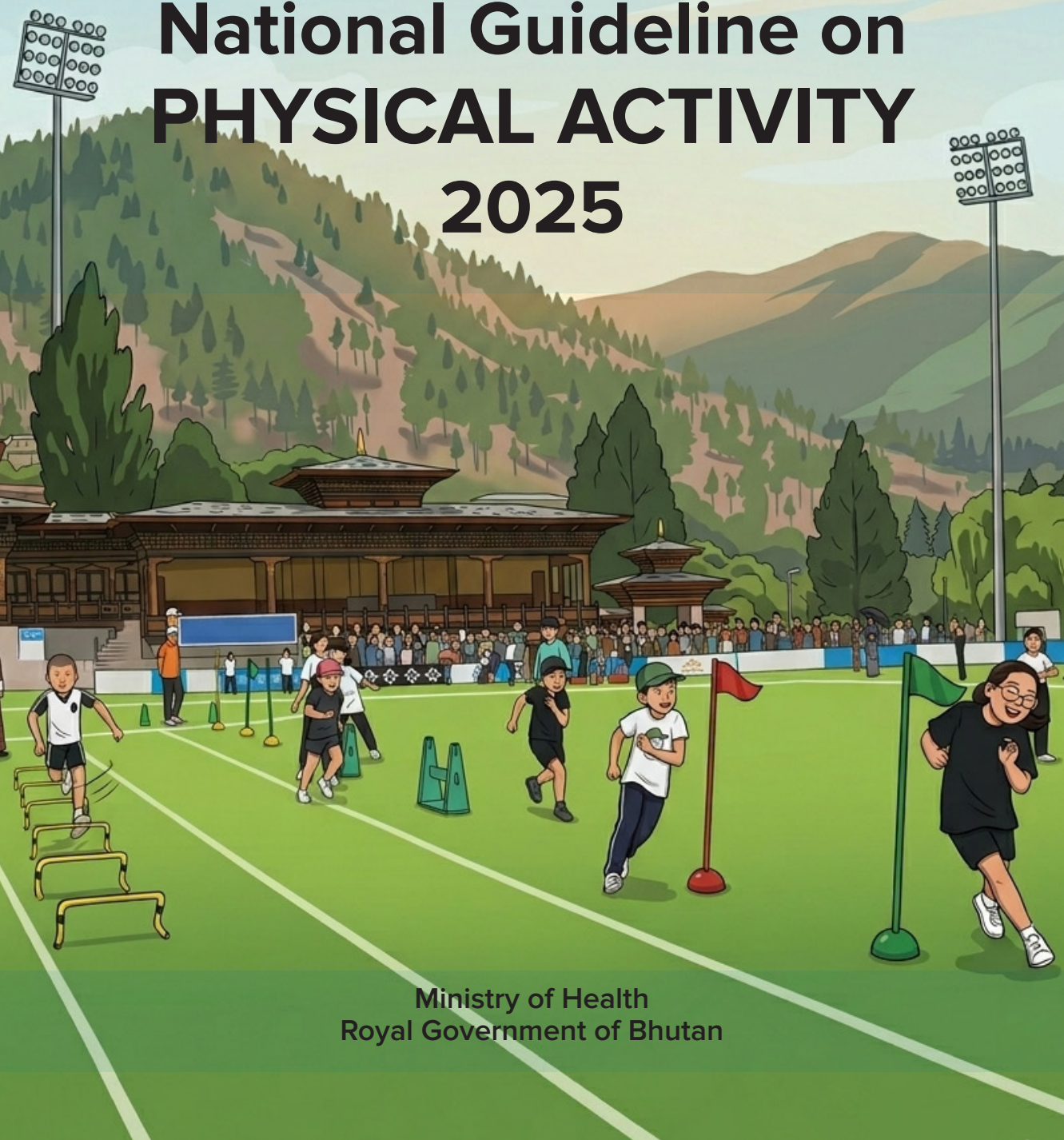




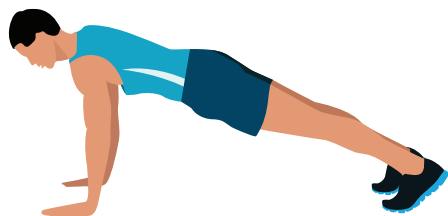
National Guideline on PHYSICAL ACTIVITY 2025



Ministry of Health
Royal Government of Bhutan



National Guideline on Physical Activity 2025



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FOREWORD

Physical activity is a fundamental pillar of health, well-being, and resilience across the life course. In Bhutan, where rapid socio-economic transitions are reshaping lifestyles, the rise of sedentary behaviors pose a significant threat to our collective health. Global data reveals that 1 in 4 adults and 81% of adolescents do not meet the recommended levels of physical activity, contributing to millions of preventable deaths annually from non-communicable diseases (NCDs).

The public health landscape in Bhutan presents a significant challenge. According to the 2023 National Health Survey, 18.3% of the population aged 15–69 years does not meet the minimum requirements for physical activity. Non-Communicable Diseases (NCDs) now constitute over 70% of the total disease burden, there is a critical and immediate need for structured, policy-driven interventions to promote active lifestyles.

The Ministry of Health, supported by a broad coalition of stakeholders, is pleased to introduce the Bhutan Physical Activity Guideline 2025. This evidence-based framework updates the 2011 standards by integrating current WHO global protocols with localized expertise from health and educational institutions. Designed for universal application, the guideline serves as a comprehensive tool to promote lifelong wellness and address the sedentary lifestyle trends currently affecting the nation.

This highlights a key truth: exercise need not be complicated or costly. It can be easily incorporated into daily life across all sectors. By creating spaces that encourage safe and enjoyable movement, we support both the 13th Five-Year Plan and the national vision of Gross National Happiness.

I urge all individuals, families, institutions, and policymakers to embrace and implement these recommendations. Moving more and sitting less is not just a personal choice; it is a necessity to ensure that an active, healthy, and fulfilling life remains within reach for every citizen of the Drukyl.



Karma Jamtsho

Director

Department of Public Health

PREFACE

Bhutan Physical Activity Guideline 2025 Physical activity is fundamental to health and well-being throughout the life course. Regular movement improves physical fitness, mental health, and overall quality of life, while reducing the risk of noncommunicable diseases (NCDs). As Bhutan undergoes rapid social and economic transitions, marked by increasing urbanization, sedentary work patterns, and reduced daily movement, physical inactivity has become a significant public health concern. The Bhutan Physical Activity Guideline 2025 provides updated, evidence-based recommendations on the appropriate type, intensity, and duration of physical activity for all age groups, building upon the 2011 Guideline and aligning with the latest World Health Organization guidance and international best practices.

Developed through a consultative and multisectoral process, this Guideline supports a holistic approach to healthy living and aligns with national strategies on nutrition, NCD prevention, school health, and workplace wellness. It emphasizes that regular physical activity, sustained over time and integrated into daily life at home, in schools, workplaces, and communities, delivers long-term health benefits without the need for specialized facilities or equipment. Guided by the principles of Gross National Happiness, the Bhutan Physical Activity Guideline 2025 calls for collective action across sectors to foster a culture of active living, enabling all Bhutanese to lead healthier, more productive, and fulfilling lives.

Stay Active, Stay Healthy, and Live Happily—Towards a Healthier Bhutan.

ACKNOWLEDGEMENTS

The development of these National Physical Activity Guidelines was made possible through the dedication and expertise of numerous individuals and organizations. We extend our sincere gratitude to all who contributed their time, knowledge, and support throughout this process.

We would like to thank technical experts from the National Medical Services, clinicians and academia whose valuable insights and evidence-based recommendations formed the foundation of these guidelines.

We are also grateful to the Ministry of Education and skills Development, Royal Civil Services Commission, Civil Society Organizations, community representatives from the monastic institutions, and advocacy groups whose engagement ensured that the voices of diverse populations were considered.

Also, we would like to extend our appreciation to WHO CO for their financial and technical support, with which the revision in the context of best-buys, good practices would not have been possible.

Lastly, we acknowledge the tireless efforts of the technical working group involved in drafting, review, and finalization of this important public health document.

KEY MESSAGES

1. Physical activity benefits the heart, body, and mind. Regular movement helps prevent and manage major illnesses like heart disease, diabetes, and cancer. It also reduces symptoms of depression and anxiety, improves mental focus, and boosts overall well-being.
2. Any amount of activity is helpful, and more activity leads to greater health benefits. The WHO recommends adults get 150–300 minutes of moderate-intensity aerobic activity weekly (or equivalent vigorous activity), while children and teens should be active for about 60 minutes daily.
3. Physical activity can come from work, sports, travel, or daily tasks like walking, cycling, or housework.
4. Muscle-strengthening exercises are important for all ages, especially balance and strength training for older adults to prevent falls.
5. Long periods of sitting increase the risk of heart disease, cancer, and diabetes. Reducing inactivity and staying mobile supports better health.
6. People of all ages and conditions, including pregnant women, those with chronic illness, and people with disabilities, can benefit from being more active and less sedentary.

1. Introduction

According to the World Health Organization (WHO, 2024) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. This includes activities performed during leisure, transportation, work, or household tasks—essentially, any movement that engages muscles or elevates heart rate. Regular physical activity is crucial for maintaining overall health, enhancing fitness, and preventing diseases. Common forms include walking, cycling, wheeling (for wheelchair users), sports, and recreational activities.

Despite its benefits, physical inactivity remains a global concern. Approximately 31% of adults worldwide fail to meet recommended activity levels, increasing their risk of noncommunicable diseases (NCDs). Alarmingly, 80% of adolescents are insufficiently active, underscoring the urgent need for youth-focused interventions. The South East Asia Region (including Afghanistan, Bangladesh, India, Nepal, Pakistan, and Sri Lanka) reports particularly high inactivity rates: around 70% of boys, 80% of girls, and nearly one-third of adults do not engage in adequate physical activity.

In Bhutan, NCDs are the leading cause of death, responsible for 69% of all deaths in 2014 and 71% in 2019. The National Health Survey 2023 reveals concerning trends:

- 30.3% of adults have hypertension.
- Diabetes prevalence has risen sharply from 1.9% (2019) to 5.8% (2024).
- 41.7% of the population is overweight or obese.
- 20.9% have high cholesterol, and 23.8% have elevated blood pressure.
- 5.3% of adults (40-69 Years) are at high risk of cardiovascular diseases.

Physical inactivity exacerbates these issues, with 18.3% of Bhutan's population (aged 15-69) failing to meet activity recommendations. Disparities exist across demographics:

- Women (22.3%) are less active than men (14.7%).
- Younger (15-24 years: 21.6%) and older adults (55-69 years: 21.9%) show the highest inactivity rates.
- Urban residents are more sedentary than rural counterparts.
- Students (27.9%) and retirees report the lowest activity levels.

These statistics highlight a pressing public health crisis. Unhealthy diets and physical inactivity are major drivers of NCDs, which now dominate global mortality trends. Given its proven effectiveness in reducing NCD risks, promoting physical activity must be a cornerstone of health strategies worldwide. Targeted interventions—particularly for high-risk groups—are essential to curb this growing epidemic.

2. Objectives

- Define recommended physical activity levels for different age groups and populations.
- Develop culturally appropriate strategies for physical activity promotion.
- Engage key stakeholders in guideline development and implementation.
- Establish monitoring and evaluation mechanisms to assess impact.

3. Rationale for Guideline

Physical inactivity has emerged as a critical public health issue and a leading modifiable risk factor for non-communicable diseases (NCDs), including cardiovascular diseases, diabetes, certain cancers, and mental health conditions. Sedentary lifestyles—driven by urbanization, technological advancements, and shifting work environments—have contributed to declining physical activity levels worldwide. Concurrently, rising rates of overweight and obesity further underscore the urgent need for interventions to promote active, healthier lifestyles. The consequences are far-reaching, straining healthcare systems through increased medical costs, reduced productivity, and a growing disease burden.

In response to these challenges, the Bhutan Physical Activity Guideline 2025, was developed against the backdrop of alarming trends highlighted in the National Health Survey 2023, which reports a sharp rise in NCDs—particularly hypertension and diabetes, the leading causes of morbidity and mortality in the country.

Aligned with the WHO's Global Action Plan on Physical Activity 2018–2030, the guideline provides evidence-based, culturally tailored recommendations to help individuals of all ages and abilities integrate movement into daily life. The guideline aligns with national priorities such as the 13th FYP of the Ministry of Health, Sustainable Development Goals (SDGs) – especially

Goal 3: Good Health and Well-being findings of national health survey 2023. It supports a multisectoral approach to health promotion—bridging efforts in education, urban planning, sports, and healthcare to cultivate an environment where physical activity is integrated into everyday living.

By offering age and ability-specific guidance, the Physical Activity Guideline 2025 empowers individuals, families, communities, and policymakers to take action towards improving national health and well-being.

4. Scope

The National Physical Activity Guideline 2025 provides evidence-based, culturally appropriate recommendations to promote regular physical activity and reduce sedentary behavior across all population groups in Bhutan. This includes tailored guidance for children and adolescents, adults, elderly population, persons with disabilities and chronic conditions, and pregnant women.

4.1 Target Population

- Children under 5 years of age
- Children and Adolescents (5–17 years)
- Adults (18–64 years)
- Older Adults (65+ years)
- Pregnant and Postpartum Women
- People Living with Chronic Conditions (e.g., diabetes, heart disease)
- People with Disabilities

4.2 Stakeholders Involved

- Ministry of Health
- Ministry of Education and Skills Development
- Ministry of Infrastructure and Transport
- Royal Civil Service Commission
- Monastic Institutions
- Bhutan Olympic Committee
- KGUMSB
- CSOs

Benefits of Physical Activity:

Regular physical activity offers a wide range of health, social, and economic benefits for individuals and communities. Its positive impact spans all age groups and population enhancing their quality of life. According to WHO and CDC, Physical activity is an important tool used for prevention as well as management of a wide range of NCDs, which will ultimately reduce healthcare costs and improve public healthcare.

1. Physical Health Benefits

- Helps maintain a healthy weight and prevents overweight and obesity
- Reduces the risk of NCDs such as heart disease, stroke, type 2 diabetes, and certain cancers.
- Strengthens muscles and bones, improving functional ability and reducing the risk of musculoskeletal pain and falls in older adults.
- Enhances cardiovascular and respiratory fitness.

2. Mental Health Benefits

- Reduces symptoms of depression, anxiety and stress.
- Improves mood and self-esteem
- Enhance cognitive function.
- Promotes better sleep.

3. Social and Developmental Benefits

- Encourages social interaction and inclusion through group activities and sports.
- Promotes discipline, teamwork, and life skills, particularly among children and youth.
- Enhances academic performance and attention span in school-aged children.

4. Economic and Societal Benefits

- Reduces healthcare costs by preventing and controlling chronic diseases.
- Increases productivity and reduces absenteeism in workplaces.
- Contributes to sustainable development by promoting active transport .

5. Physical Activity Intensity

- Light-intensity activity is non-sedentary waking behavior that requires less than 3.0 METs; examples include walking at a slow or leisurely pace (2 mph or less), cooking activities, or light household chores. Can talk in full sentences and sing
- Moderate-intensity activity requires 3.0 to less than 6.0 METs; examples include walking briskly (2.5 to 4 mph), playing doubles tennis, or raking the yard. Can talk in phrases or short sentences but cannot sing.
- Vigorous-intensity activity requires 6.0 or more METs; examples include jogging, running, carrying heavy groceries or other loads upstairs, shoveling snow, or participating in a strenuous fitness class. Many adults do no vigorous-intensity physical activity. Have difficulty talking.

6. Types of Physical Activity

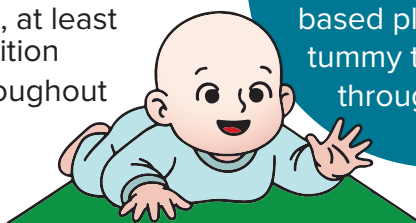
1. **Aerobic exercise:** Aerobic exercise increases heart rate and breathing beyond resting levels. This form of physical activity—often referred to as endurance or cardiovascular exercise. It involves the continuous, rhythmic movement of large muscle groups over an extended duration. Common examples include brisk walking, running, cycling, skipping rope, and swimming.
2. **Strength exercise:** This category of physical activity, encompassing resistance exercises and weight training, requires muscles to contract against an external loads. It typically involves repeated lifting or exertion using weights or other forms of resistance to build muscular strength and endurance across different muscle groups. Such activities can also be performed using resistance bands or one's own body weight, as seen in exercises like push-ups or climbing.
3. **Flexibility exercises:** Stretching exercises are effective in increasing flexibility, and thereby can allow people to more easily do activities that require greater flexibility. These type of activities enhance the ability of a joint to move through the full range of motion. Some of the common examples are yoga, pilates, and stretches - hold each stretch for 15-30 seconds and repeat 2-4 times for each stretch.
4. **Balance exercises:** These types of activities can improve the ability to resist forces within or outside of the body that cause falls while a person is stationary or moving. Walking backward, 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.

KEY RECOMMENDATION AT A GLANCE

INFANTS (Aged less than 1 year)

Should be physically active several times a day in a variety of ways through

- Interactive floor-based play (more is better)
- For those not yet mobile, at least 30 minutes in prone position (tummy time) spread throughout the day while awake



GOAL:

<1 year

30

minutes

of interactive floor-based play including tummy time spread throughout the day

INFANTS (Aged 1 year - 4 years)

At least 180 minutes in a variety of physical activities of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day



GOAL:

180

minutes

of Physical Activities
in a Day



OVERALL RATIONALE:

Supports physical and cognitive development including motor skills, while establishing lifelong healthy habits and reducing future NCD risk.

CHILDREN AND ADOLESCENTS

(Aged 5 – 17 years)

Focus:

Play, Games, Sports, Active transport, Physical education



GOAL:
At least
60
minutes/day
of moderate-to-
vigorous activity



Rationale:

- Supports healthy growth
- Mental health
- Motor skills
- Academic performance

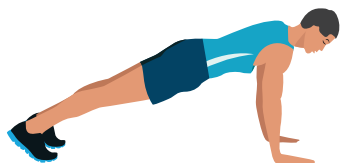


ADULTS

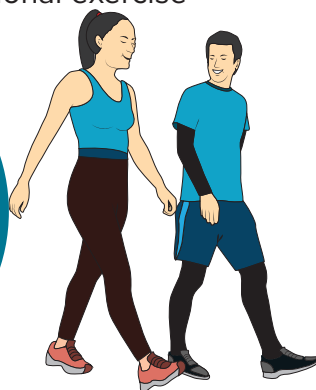
(Aged 18 - 64 years)

Focus:

Work-related activity, Commuting, Recreational exercise



GOAL:
At least
150–300
minutes/week
of moderate-intensity
aerobic activity,
plus muscle-
strengthening



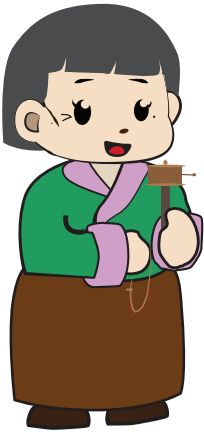
Rationale:

- Reduces risk of NCDs
- Improves mental well-being
- Enhances productivity

OLDER ADULTS (65+ years)

Focus:

Mobility, Balance, Fall prevention, Maintaining independence



Goal:
Same as adults,
plus functional
balance and strength
training **at least**
3
days/week

Rationale:

- Prevents falls
- Supports healthy aging
- Maintains quality of life



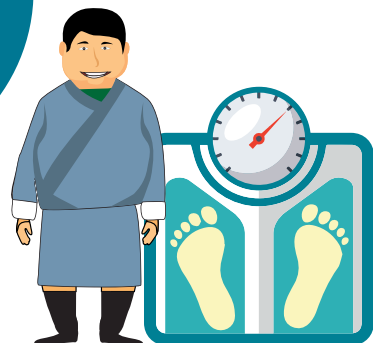
PEOPLE LIVING WITH CHRONIC CONDITIONS (e.g., Diabetes, Heart disease)



GOAL:
Same general
targets, tailored to
individual capacity

Rationale:

- Physical activity helps manage
- Prevent progression of NCDs



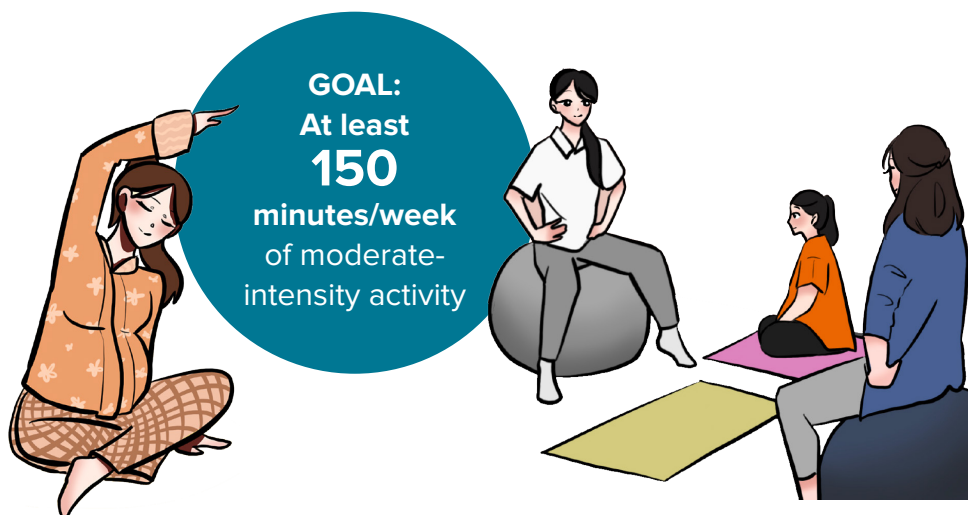
PEOPLE WITH DISABILITIES



Rationale:

- Promotes inclusion
- Mental health
- Autonomy
- Physical fitness

PREGNANT AND POSTPARTUM WOMEN



Rationale:

- Improves maternal
- Supports postpartum recovery
- Fetal health
- Reducing sedentary time
- Reduces complications
- Integrating movement in daily routines

7. General Safety Consideration

Exercise Safety

- If you have been diagnosed with any illness or are unsure what activities you can do, consult a medical/health professional before you begin.
- Before you start any type of physical activity, ensure that you have the appropriate attire, and equipment in working condition.
- Ensure that the space around is free of trip-hazards.
- If you have not exercised in a while, start slow and build up intensity and duration gradually. Listen to your body and adapt exercises accordingly.
- Exercising with a friend will allow you to support one another if anything unforeseen happens.
- Listen to your body and adapt exercises accordingly. It is important to incorporate warm-ups and cool-downs of at least 5-10 minutes into your routine.
- Avoid adverse weather or heat conditions, e.g. rain or noon hours when the Sun is the hottest.
- Hydrate appropriately.

8. Recommendations

8.1 Children Under 5 years of Age

Physical activity

Infants (less than 1 year)	Children should be active several times a day through varied play. Non-mobile infants should have at least 30 minutes of tummy time spread throughout the day while awake.
Children 1–2 years of age	Children should engage in at least 180 minutes of varied physical activity daily, including moderate to vigorous activity, spread throughout the day.
Children 3–4 years of age	Children should have at least 180 minutes of physical activity daily, including a minimum of 60 minutes of moderate to vigorous activity, spread throughout the day.

Focus:
30-mins

Sedentary Time

Infants (less than 1 year)	Children should not be restrained for over an hour at a time. Screen time is not advised; instead, reading or storytelling with a caregiver is encouraged during sedentary periods.
Children 1–2 years of age	Children should not be restrained or sit for more than an hour at a time. For 1-year-olds, screen time is not recommended; for 2-year-olds, limit it to under 1 hour. Reading and storytelling with a caregiver are encouraged during sedentary time.
Children 3–4 years of age	Children should not be restrained or seated for over an hour. Limit screen time to under 1 hour, and encourage reading or storytelling with a caregiver instead.

Sleep Time

Infants (less than 1 year)	Infants should get 14–17 hours of sleep (0–3 months) or 12–16 hours (4–11 months), including naps.
Children 1–2 years of age	Children should get 11–14 hours of quality sleep daily, including naps, with consistent bed and wake times.
Children 3–4 years of age	Children should get 10–13 hours of quality sleep daily, with regular bedtimes and wake-up times, and may include a nap.

8.2 Children and Adolescents (5–17 years)

In children and adolescents, higher amounts of sedentary behaviour are associated with several health problems, including weight gain,poorer heart health,lower fitness level, behavioral issues and less sleep.

Recommendation	1. Children and adolescents should do at least an average of 60 minutes per day of moderate to vigorous-intensity, mostly aerobic, physical activity, across the week. 2. Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, should be incorporated at least 3 days a week. 3. Children and adolescents should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.
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Recommended Physical Activities	1. Engage in aerobic activities (dance, prostration etc) in between the academic sessions organised by Schools & Monastic Institutions. 2. Use public outdoor spaces with amenities for outdoor gym, cycling, swimming, walking, etc. 3. Join a sports team/club/organisation to experience physical activity in a social setting to stay motivated including. 4. Active engagement in Health and Physical Education related activities in schools.
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8.3 Adults (Aged 18–64 years)

In adults, regular physical activity lowers the risk of premature death, heart disease, high blood pressure, certain cancers and type 2 diabetes. It also boosts mental health (reducing anxiety and depression), improves brain function and sleep and helps with weight management.

Recommendation	1. Accumulate at least 150 - 300 minutes of moderate-intensity aerobic physical activity OR at least 75 - 150 minutes of vigorous-intensity aerobic physical activity OR an equivalent combination of moderate and vigorous-intensity aerobic physical activity throughout the week. 2. For additional health benefits, adults may increase moderate-intensity aerobic physical activity more than 300 minutes; OR do more than 150 minutes of vigorous-intensity physical activity OR an equivalent combination of moderate and vigorous-intensity aerobic physical activity throughout the week. 3. Muscle-strengthening activities at moderate or greater intensity involving all major muscle groups should be done at least 2 days a week.
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Recommended Physical Activities	1. Incorporate active travel into your daily routine, such as walking out to purchase your food and groceries. 2. Engage in physical activity programs initiated at the workplaces. 3. Participate in sporting activities and tournaments. 4. Incorporate simple strength training exercises such as resistance band exercises at home. 5. Hiking, Jogging, Running, Circumabulating, Yoga, Aerobic Dance, and Zumba.
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8.4 Older Adults (Aged 65 years and Above)

Physical activity in older adults can improve both their physical and mental health. Higher amounts of sedentary behaviour are associated with obesity, hypertension, diabetes and cancer in elderly. In contrast, being physically active not only reduces the risk of NCDs but also reduces stress, anxiety and depression, enhances cognitive health, and sleep; Apart from that In older adults, physical activity helps prevent falls and improve physical independence.

Physical activity in older adults supports better physical and mental health, reducing the risk of non-communicable diseases (NCDs) like obesity, hypertension, diabetes, and cancer. It also lowers stress, anxiety, and depression, improves cognitive function and sleep, and helps prevent falls while enhancing physical independence. In contrast, too much sedentary behavior increases the risk of these health problems.

Recommendation	1. Older adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits. 2. Engage in muscle-strengthening activities on 2 or more days a week, at moderate or greater intensity, to keep muscles, bones, and joints strong.
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Recommended Physical Activities	1. Make use of the outdoor fitness equipment around your community spaces. 2. Engage in aerobic activities (yoga, prostration, brisk walk, circumambulating temples, chorten, zumba, dance, running, jogging). 3. Engage in varied multi-component physical activity at home or in a structured group setting. (example; yoga, body posture correction for old-age). 4. Hike to the Pilgrimage site. 5. Mindful practices such as Yoga and Sorig Zhiney.
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8.5 Pregnant and Postpartum Women

Physical activity during pregnancy and postpartum improves health for both mother and baby, while excessive sedentary behavior increases the risk of obesity, hypertension, diabetes, and cancer. All pregnant and postpartum women without contraindication should undertake regular physical activity throughout pregnancy and postpartum

Recommendation	1. Do at least 150 minutes of moderate- intensity aerobic physical activity throughout the week, incorporate muscle-strengthening activities and gentle stretching. 2. Women who were physically active, can continue these activities during pregnancy and the postpartum period. 3. If a woman has added complications or adverse health conditions during the pregnancy or post pregnancy, the physical activity should be adjusted with the advice of a physical activity specialist.
Recommended Physical Activities	1. Engage in aerobic activities (brisk walk, swimming, stationary bicycle). 2. Joining prenatal and postnatal physical activity classes. 3. Incorporate simple strength training exercises such as resistance band exercises at home. 4. Pelvic floor strengthening exercises- Kegel's exercise. 5. Mindful practices such as Yoga and Sorig Zhiney.

Safety Considerations

- Avoid physical activity that poses a high risk of fall
- Avoid vigorous exercise
- Avoid performing exercises lying on the back after the first trimester of pregnancy.
- Stay hydrated
- Start doing small amounts of physical activity, and gradually increase frequency, intensity and duration over time.

8.6 Adults and Older Adults with Chronic Conditions (Aged 18 years and Older)

Physical activity in adults and older adults with chronic conditions can improve both their physical and mental health. Target Group chronic conditions:

1. Cancer survivors
2. People living with hypertension and cardiovascular disease
3. People living with type-2 diabetes
4. People living with HIV affect disease progression (CD4 count and viral load) or body composition.

Recommendation	1. All adults and older adults with the above chronic conditions should undertake regular physical activity. 2. Do at least 150-300 minutes of moderate intensity aerobic physical activity in a week. 3. Do at least 3 days of muscle-strengthening and balance activities at moderate intensity in a week. 4. When not able to meet the above recommendations, adults with these chronic conditions should aim to engage in physical activity according to their abilities. 5. Physical activity should be adjusted with the advice of a physical activity specialist.
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Recommended Physical Activities	1. Engage in aerobic activities such as brisk walking, cycling (stationary or outdoor), swimming and dancing. 2. Use outdoor fitness equipment around community spaces or built environments. Example: Circumambulating Lhakhangs and Chortens and Outdoor Gym. 3. Engage in strengthening activities such as light resistance training, bodyweight exercises (e.g. squats, wall push-ups), use of resistance bands. 4. Balance and Coordination Exercises such as yoga, heel-to-toe walking and standing on one foot. 5. Climbing (indoor walls or play structures).
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Safety Considerations

- Avoid physical activity that pose a high risk of falling
- Stay hydrated
- Start doing small amounts of physical activity, and gradually increase frequency, intensity and duration over time.

8.7 Children and Adolescents (Aged 5–17 years) Living with Disability and Adults (Aged 18 years and Older) Living with Disability

Physical activity in all age groups of people living with disability can improve both their physical and mental health. Higher amounts of sedentary behaviour are associated with obesity, hypertension, diabetes and cancer in people with disability.

Recommendation	1. For children and adolescents; 1 hour of moderate- to vigorous-intensity aerobic physical activity in a day across the week, and at least 3 days of strengthening exercise. 2. For adults do at least 150-300 minutes of moderate-intensity aerobic physical activity in a week and do at least 2 days of muscle-strengthening and balance activities at moderate intensity in a week. 3. Physical activity should be adjusted with the advice of a physical activity specialist.
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Recommended Physical Activities	1. Aerobic Activities such as Brisk walking (with or without support), Adapted cycling or handcycling, Swimming or aquatic therapy, adapted according to their mobility level. 2. Wheelchair sports (basketball, Archery, Badminton). 3. Dancing or rhythmic movement. 4. Muscle-Strengthening Activities such as Bodyweight exercises (e.g., modified push-ups, squats), Resistance band workouts.
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Safety Considerations

- Avoid physical activity that pose a high risk of falling;
- Stay hydrated.
- Start doing small amounts of physical activity, and gradually increase frequency, intensity and duration over time.
- Supervision of physical activity will depend on their level of independence.

9. How can we enable , promote and support physical activity

Four focus areas - Active societies, environments, people's behaviours and governance

9.1 Create Positive Social Norms Around Physical Activity Through

- More awareness on Physical activity (media campaigns, community based programmes)
- Online resources or social media awareness
- Mass participation events
- Training of professionals /capacity

9.2 Environments that Support Physical Activity

- Community accessibility- Universal accessible designs and to provide amenities and facilities.
- Safe environments- Integration of urban and transport planning, safety laws for pedestrians, infrastructure such as pavements etc.
- Enhance /Strengthen provision of good-quality physical education promotion in education system,(Tailored physical activity for inclusive schools, PHC, - Individualized approach - (individual difficulties), empowerment.

9.3 Data, Policies, Guidelines,

- Involvement of LG, Health staffs and
- Adaptive sports (stakeholders and policy)
- Access to assistive devices
- Increasing the number of SSI in schools.

10. General Recommendations to Increase your Physical Activity

1. Active Travel	• For short trips, walk or cycle and leave the car at home. • For longer trips, walk or cycle part of the way. • Use the stairs instead of the lift or escalator. • Get off the bus one stop earlier and walk the rest of the way. • Park further away from your destination and walk – you may even save on parking fees.
2. Active at Work	• Park your car an extra 5 or 10 minute walk from work. • Walk to deliver a message rather than emailing or making a phone call. • Leave your desk at lunch time and enjoy a short walk outside. • Organise walking meetings. • Set an alarm on your computer to go off every hour and prompt you to move around for a minute or two. • Encourage regular physical breaks during long hours of meetings/conferences.
3. Active and Fun	• Catch up with friends for a walk, instead of sitting to chat. • Plan outdoor activities, like bike riding or walking. • Don't let the weather stop you. Try indoor activities like dancing, indoor swimming, squash or indoor rock climbing. • Walk on a treadmill while watching TV.

4. Active and Safe

- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.

These National Physical Activity Guidelines are intended as a practical tool for individuals, families, health professionals, educators, and policymakers. Users are encouraged to adopt and adapt the recommendations in their daily lives, workplaces, schools, and communities. By consistently following these guidelines, everyone can play an active role in reducing the burden of NCDs, improving mental and physical well-being, and fostering a healthier Bhutan.

11. Reference

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12. Annexure

Annexure 1

1. Frequency- How often is it done in a week?

Your Goal	Aerobic (like walking/running)	Strength (like weights)	Flexibility (like stretching)
General Health	3 - 5 days/week	2 - 3 days/week	Daily (even 5 - 10 mins)
Weight Loss	5 - 6 days/week	3 days/week	3+ days/week
Muscle Building	2 - 3 days/week (light)	4 - 5 days/week	2 - 3 days/week
Beginners	Start with 3 days/week	Start with 2 days/week	Daily light stretching

2. Intensity- How Hard/easy the physical activity is?

Intensity Level	MET Range	Examples	Physiological Signs
Sedentary	1.0 - 1.5	Sitting, Lying down	No sweating, Normal breathing
Light	1.6 - 2.9	Slow walking, Light chores	Slight breath, No sweat
Moderate	3.0 - 5.9	Brisk walking, Cycling	Can talk but not sing, Mild sweat
Vigorous	≥6.0	Running, Swimming laps	Can't say more than a few words

3. What is the Metabolic equivalent of a task (MET)?

Metabolic equivalent of task (MET) refers to the energy expenditure required to carry out a specific activity, and 1 MET is the rate of energy expenditure while sitting at rest. This generally corresponds to an oxygen uptake of 3.5 milliliters per kilogram of body weight per minute. Physical activities frequently are classified by their intensity using the MET value as a reference.

4. Type- What Kind/type of physical activity?

- **Aerobic exercise:** Aim for at least 30 minutes of moderate-intensity exercise or 15-20 minutes of vigorous-intensity exercise, 3-5 days a week.
- **Strength training:** A session typically lasts 20-60 minutes, depending on the number of exercises and sets performed.
- **Flexibility exercises:** Hold each stretch for 15-30 seconds and repeat 2-4 times for each stretch.
- **Balance exercises:** Aim for 10-15 minutes per session

