

Section 7: Physical Activity

Summary of Recommendations

Prevención Clínica: Guía para médicos. Washington, D.C.: OPS, 1998. 334 p. *Publicación Científica 568*

1. *Moderate-level physical activity (normal walking, golfing on foot, slow biking, raking leaves, cleaning windows, slow dancing, light restaurant work) consistently to accumulate 30 minutes or more over the course of most days of the week. There is far evidence to recommend that individuals engage in the regular practice of moderate intensity physical activity.*

Proposed Basic Indicators

No.	Indicator	Numerator/denominator X 100
1.	<u>Prevalence of moderate physical activity (30 minutes o more)</u>	Persons with moderate physical activity (30 minutes o more) over the course of most days of the week
		Total number of participants in the study

