



إحدى شركات مؤسسة البترول الكويتية
A Subsidiary of Kuwait Petroleum Corporation

TIPS TO INCREASE YOUR FITNESS LEVEL:



AHMADI HOSPITAL
Physiotherapy Department

اليوم العالمي
للعلاج الطبيعي
World PHYSIOTHERAPY DAY

1. Daily Exercise Like Walking For (30 Minutes) Or At Least 3 Times A Week.
2. Make Sure To Do Warming Up Exercise Before Your Workout.
3. Take Care To Perform Cooling Exercises To Reduce The Risk Of Injury And Gradual Recovery Of Heart Rate And Blood Pressure.
4. Use Stairs Instead Of Elevator.
5. Breathe Correctly During Exercise (Proper Breathing Is Done By The Diaphragm And The Abdomen, Not The Chest).
6. Practice Aerobic Sports Such As (Swimming, Riding Bicycle And Running) To Enhance The Health Of The Heart.
7. In Case Of Good Weather, Park Your Car Away And Try To Walk As Much As Possible.
8. Increase Your Daily House Hold Activity.
9. Carry Your Own Grocery Bags Instead Of Using Trollies.
10. Play More With Your Kids To Increase Your Fitness Level (Running & Foot Ball).