PREFACE

THE BHUTAN 2011 PHYSICAL ACTIVITY GUIDELINE

Physical activity is one of the important examples of how lifestyle changes can have a profound impact on the positive health outcome. Being physically active is one of the key things every Bhutanese of all ages must do to improve their health and reduce health problems, and prevent chronic diseases. Bhutan 2011 Physical Activity Guideline provides science-based information on physical activity that is generally recommended. This is the inaugural guideline of the physical activity for the Bhutanese. This will complement the recommendations of the national dietary guidelines developed at the same time. Together they provide being how to be physically active and eating healthy diet to reduce chronic diseases and promote good health of the Bhutanese.

The main idea of the physical activity recommendation is that individuals are required to perform weekly recommended level of physical activity regularly for months and years for long term health benefits.

The Bhutan 2011 Physical Activity Guideline is designed to provide information and guidance on the types and amount of physical activity required to information that provide substantial health benefits. The main audience of this. This guideline is intended for all Bhutanese individuals. This guideline is not an intimidating medical book that only health professionals can understand and use! The Guideline can may be used by anybody who is interested to acquire proper guidance on the requirement and types of health beneficial physical activity. that is beneficial for health.

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It is necessary to educate the Bhutanese population especially with the rise of urban dwellers who are exposed to whose physical inactivity could pose significant health risks. It is expected that promotion of Bhutan 2011 Physical Activity Guideline would lead to the increase level of physical activity among the Bhutanese in due course of time.

We are extremely honoured to have been entrusted in producing the Bhutan 2011 Physical Activity Guideline, the very first one.

(National Advisory Committee for Physical Activity)
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Acknowledgements

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Key Health Benefits of Physical Activity (3)

- Regular physical activity reduces the risk of many adverse health outcomes
- Some physical activity is better than none
- Additional health benefits occur as the amount of physical activity increases through higher intensity, greater frequency and longer duration
- Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity
- Health benefits of physical activity occur for all age groups including the children
- Health benefits of physical activity occur for people with disabilities
- Health benefits of physical activity far outweigh the possible adverse outcomes
HOW DO I READ THIS GUIDELINE: SOME USEFUL TIPS

*I have no time or patience to read the guideline:*  
For most people who do not have time or patience to read this guideline, you can still get the right information for yourself of what you crucially need to know. Proceed with the following steps in Section C.

First, identify your age category, whether you are:  
- Children and Adolescents (5 to 18 years)  
- Adults (19 to 64 years)  
- Older adults (65 years plus)  

*For your children refer:*  
- Preschool children  
- Children and adolescents  

*If you have any of these conditions accordingly proceed to the respective sections:*  
- Are you pregnant? (For females)  
- Do you have any physical disabilities?  
- Do you have any chronic medical conditions?

*I want to know more:*  
If you feel encouraged to know more on the types, and the duration of physical activity you could proceed to Section B.

Also skim through section D if you have questions about safety issues while doing physical activity.

*I am curious and concerned about what is done for the communities to improve physical activity:*  
If you are concerned or curious about what is/can be done to make a difference as individual, member of the community or at work place, proceed to Section E.
Why not I read this whole guideline?:
You will enjoy reading this guideline. Proceed serially from the beginning. It will take you less than 15 minutes. You will gain the most beneficial information for Active and Healthy Living for the time spent.
BHUTAN 2011 PHYSICAL ACTIVITY GUIDELINE

Section A - INTRODUCTION

A.1. Why the guidelines are developed?

In order to introduce preventive approach to surging chronic diseases such as cancer, chronic respiratory diseases, heart diseases and diabetes in Bhutan, the Royal Government of Bhutan has adopted the National Policy and Strategic Framework on Prevention and Control of Non-communicable Diseases in 2009. Bad diet and physical inactivity contribute both independently and together a significant risk for development of chronic diseases.

There is no population based information on the NCD risk factors for Bhutan. The only information available is the STEP survey findings of the Urban Thimphu conducted in 2007. The findings of the survey suggests that 93.1% of the Thimphu urban population is exposed to at least one NCD risk factor, 56.5% to 1-2 risk factors and 38.4% are exposed to 3-5 NCD risk factors. Thimphu survey also showed that 58.6% of the population is not attaining the minimum requirement of health enhancing physical activity.

Findings therefore provide us the ground to speculate that lifestyle related risk factors may be widespread at least in the urban settings of Bhutan. With the rapid development and urbanization, the problem of NCDs is likely to increase.

At this point of time, it cannot be defined how the exposure to modifiable NCD risk factors (tobacco use, physical inactivity, inappropriate diet, and alcohol use patterns) problem in the rural settings might vary with the urban settlers.
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The National Strategic Plan for Prevention and Control of Non-communicable Diseases 2009 mandates the development of the national recommendation for diet and physical activity for Bhutan. There are no standard health promotional messages for diet and physical activity for Bhutanese. It is therefore an urgent felt need to conduct the health promotion to prevent lifestyle related diseases using the standard guidelines.

A.2. Process of guideline development:

To develop the national recommendations for diet and physical activity promotion, the Lifestyle Related Disease Program of the Department of Public Health proposed a National Advisory Committee to be formed (Annexure 3). The National Advisory Committee composed of multi-sectoral representation considering the multifaceted issue of lifestyle promotion. The National Advisory Committee was divided into two working groups: Dietary and Physical Activity (Annexure 4). The working groups conducted a series of consultative workshops from June to September 2010.

The Technical Advisory Committee developed the Bhutan 2010 Physical Activity Guideline using the available evidences, the best practices and the expert opinion of the team.

The national recommendations were then presented to the National Steering Committee of the Lifestyle Related Disease Prevention.
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A.3. Who are the guideline for?

The Bhutan 2011 Physical Activity Guideline is to be used by:
- All Bhutanese individuals
- Health workers, doctors, physiotherapists, nurses, dieticians, and occupational health workers
- Teaching and non-teaching staff at school and tertiary institutes
- Monastic institutions
- Sports organizations in Bhutan (Sport administrators, coaches, sport trainers)
- All parents and the caretakers of the children to promote physical activity and proper diet for children and toddlers
- All urban and rural communities

A.4. Cost benefits of Physical Activity:

Lifestyle related disease such as cancers, chronic obstructive lung diseases, and ischemic heart diseases contribute significantly to the disease burden and years of potential life lost due to premature deaths. In 2009, there were 2605 cases of diabetes, 1147 cancers in the country. In the same year, for every hundred people, 13 had suffered from one of these conditions: diabetes, heart diseases, alcohol liver disease, injuries or transport related accidents (5). These diseases are related to lifestyle practices and most importantly preventable. The per capita expenditure for the treatment and care amounts to a significant spending of the health system expenditure and of the individuals. Investment on the prevention of the lifestyle related diseases through sound public health strategies will save multi-folds of that is

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spent on treating and management of the diseases. The Bhutan 2010 Physical Activity Guideline and will be an important tool to design the cost effective programs
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Section B- PHYSICAL ACTIVITY

B.1 Definition of Physical Activity:
The physical activity presents an expansive scope which can include any kind of activity undertaken in many domains- leisure, work, transportation, personal care and household activities (21). This means all types of physical activity count, including walking, cycling, prostrations, going round the chorten, traditional games and past times (archery, khuru, degor etc.), incidental activities for daily living as well as deliberate exercise and sports.

To differentiate sports from exercise, it usually involves some form of competition where as the objective of the exercise to improve the physical fitness and wellbeing.

Physical activity involves any bodily movements that enhance energy expenditure above the resting level aimed for physical fitness.

B.2 Key concepts of physical activity:
The key concepts that have been used to describe the physical activity include the following:

**Intensity**: It describes how much physical effort or energy is spent while undertaking the activity. Intensity is described as “Sedentary”, “Low”, “Moderate” or “Vigorous”.

**Sedentary**: Inactive lifestyle such as sitting most of the time at work or at home, includes driving or computer work.
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Low intensity: It is any physical activity that is just above sedentary level. Low intensity physical activity generally does not offer much benefit. Eg. Household chores like sweeping the floor, cleaning the kitchen.

Moderate intensity: Activity that raises your heart beat and makes you feel warm and slightly out of breath. It increases the body’s metabolism to 3 to 6 times the resting level (also called Metabolic Equivalents (METs))

Vigorous intensity: Activity that causes you to sweat and become out of breath such as in running or bicycling uphill. It raises the metabolism to at least 6 times its resting level (6 METs)

• Frequency: Number of times you undertake physical activity. (Eg: number of sessions/episodes/bout in a day or in a week)

• Duration: is the length of time you are doing an activity, usually expressed in minutes. (eg, 30 minutes continuously)

• Domain of activity: Whether the activity is for leisure, workplace, home, sporting event, etc.

B.3 Grading physical activity level:

Baseline activity: is defined low intensity activity such as walking, standing and lifting of light objects that is involved in day to day living. People who do only baseline activity are considered inactive.

Inactive: No physical activity beyond the baseline activities of daily living
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Low activity: Beyond baseline activity but less than 30 minutes of moderate –intensity physical activity in five days a week or equivalent to 75 minutes of vigorous-intensity activity in a week

Medium activity: Physical activity between 30 minutes to one hour daily five days in a week of moderate –intensity or 75 to 150 minutes of vigorous-intensity physical activity in a week.

High activity: More than 300 minutes (five hours) of moderate intensity of physical activity in a week

B.4 Benefits of Physical Activity:

The recommendations outlined below are minimum level of physical activity to promote and maintain health. Health benefits are generally proportionate to the amount of physical activity. Therefore, health benefits gained will be more by exceeding these minimum recommendations of physical activity. The daily requirement for the physical activities can be accumulated throughout the day or in blocks as short as 10 minutes.

Physical activity helps to reduce the risk of fracturing bones by strengthening the bones, reduces the risk of dying from coronary heart diseases, prevents strokes or reduces risk of hypertension, colon cancer, and diabetes. Physical activity helps people with chronic diseases and disabling
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Photo: YDCS
conditions to improve the stamina and muscle strength. It
maintains the healthy bones, muscles and joints, control
the joint swelling and reduces arthritic pains. Physical
activity promotes psychological wellbeing.

Table 1: Summary of evidence of health benefits of
physical activity: (US Physical Activity Guidelines
Advisory Committee, 2008)

| Children and young people | Better cardio-respiratory and muscular fitness and strong bones
|                          | Better cardio-vascular and metabolic health
|                          | Healthier body fat composition
|                          | Some evidence of: Reduced symptoms of anxiety and depression
| All adults (Including the adults with disabilities) | Strong evidence of: Cardio-respiratory and muscular fitness
|                                                       | Less weight gain
|                                                       | More weight loss-combined with eating lower calories
|                                                       | Better weight maintenance after weight loss
|                                                       | Lower risk of early death
|                                                       | Lower risk of stroke
|                                                       | Lower risk of coronary heart disease
|                                                       | Lower risk of blood pressure
|                                                       | Lower risk of unhealthy blood lipid profile
|                                                       | Lower risk of type 2 diabetes
|                                                       | Lower risk of metabolic syndrome
|                                                       | Lower risk of colon and breast cancer
|                                                       | Fewer fails
|                                                       | Reduced levels of depression
|                                                       | Better cognitive function in older adults
|                                                       | Some evidence of:
|                                                       | Lower risk of hip fracture
|                                                       | Lower risk of lung cancer
|                                                       | Lower risk of endometrial cancer
|                                                       | Stronger bone density
|                                                       | Better sleep quality
|                                                       | Reduced abdominal fat

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ཤྲལ་གཞུང་ཨ་ཞིང་ཨེད་ང་བརྩེད་ཀྱིས། རྒྱུད་པོ་སྤྱོད་ཀྱི་ེ་ི་ཞན་པོ་ཕྱི་ེ་ི་ཞན་པོ་ཕྱི་
ི་ཞན་པོ་ཕྱི་ེ་ི་ཞན་པོ་ཕྱི་རུ་རྒྱུད་པོ་སྤྱོད་ཀྱི་ེ་ི་ཞན་པོ་ཕྱི་
རྒྱུད་པོ་སྤྱོད་ཀྱི་ེ་ི་ཞན་པོ་ཕྱི་

ལུང་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་སོགས་པོ་

| རིང་ཐུན་པའི་ཐམས་ཅད་ཀྱི་མིག | རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| བཤེས་དང་གེ་བཅོས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
| རོག་ལྡན་བྱུང་བ་སྦྱོད་ཚོགས་དེ་རིམ་འོད་པའི་ཐབས་བྱུས་
SECTION C- PHYSICAL ACTIVITY LEVEL GUIDELINES:

The operation understanding of the physical activity for this guideline is any health enhancing physical activity added onto the baseline activity of daily living.

These are the scientific evidences about the benefits of physical activity that apply to all the age categories (3):

- Regular physical activity reduces the risk of many adverse health outcomes
- Some physical activity is better than none
- Additional health benefits occur as the amount of physical activity increases through higher intensity, greater frequency and longer duration
- Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity
- Health benefits of physical activity occur for all age groups including the children
- Health benefits of physical activity occur for people with disabilities
- Health benefits of physical activity far outweigh the possible adverse outcomes

The recommendations below provide types and intensity of minimum level of physical activity for different age categories. Since there is no information in current science on maximum level of physical activity that has no health beneficial, we have restricted our recommendation to the minimum level of physical activity an individual should try to aim for.

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To make it comprehensive we also highlighted recommendations for special situations such as in pregnancy, people with disability and chronic medical conditions.

C.1 PRESCHOOL CHILDREN (below 5 years):

Physical activity is important for children of all age groups:

Toddlers should be given opportunity to move around throughout the day. Children should not be inactive for prolonged periods except when they are asleep. Daily movement help child develop the sensory and motor systems.

Let infants spend time on their front, side and back or let them creep or crawl in a space which is safe. Preschool children should get plenty of time to be active.
ལག་ན་འཐབ་་འཇམ་ན་ཨ་ས་དབང་ན་ཅན་དང་ན་ནད་ད་ལ་གས་པ་དགས་བསལ་ི་གནས་ངས་་གར་བན་

ག་༡། བ་ནང་མ་ད་ཨ་དམ་གར་ཕར་ར་འ་བག་ད།

ཨ་ལམ་འབས་བས་ངམ་ག་མ་གས་ས་དགན་ནང་

བར་ད་བཞག་ར་བཞི་ང་། ཨ་་ནམ་ཨ་ག་ར་ཕར་ར་འ་་ས་ལམ་

འ་་ང་གས། ཨ་་ཁ་ད་པས་ནང་ག་དགའཝ་དད་བག་ད།

མ་ད་ཨ་དམ་གར་ཕར་ར་འ་དང་དད་ས་ད་ལངམ་བ་ད།

Picture: YDCS

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C.2 CHILDREN & ADOLESCENTS (5-18 years):

Children and adolescents should do minimum of 60 minutes (1 hour) of moderate-to-vigorous physical activity daily. The 60 minute activity should be divided focused to aerobics, muscle strengthening and bone strengthening activities. It should include minimum of 3 day of muscle strengthening and 3 day bone strengthening activities in a week.

It is important that children and adolescents to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety.

Any activity that makes your child spend energy is good.

Children should spend less than one hour a day using electronic media for entertainment such as TV, computer games or internet. These activities are educational but they involve sitting over a long period of time.
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Photo: LSRDP
Table 2: Examples of Moderate-and vigorous-intensity Aerobic and Muscle-and bone Strengthening activities for children, adolescents and young people.

<table>
<thead>
<tr>
<th>Type of physical activity</th>
<th>Children</th>
<th>Adolescents and young people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate-intensity aerobic</td>
<td>Active recreation, such as brisk walking, hiking, bicycle riding, Rubber band game, Chunki, Physical Education class</td>
<td>Active recreation, such as brisk walking (going round the chorten), hiking, bicycle riding, Physical Education class, Games of catch and throw such as hand throwball, Frisbee, hula-hoop</td>
</tr>
<tr>
<td>Vigorous-intensity aerobic</td>
<td>Active games involving running and chasing, chain tag, cat and mouse Bicycle riding (Jumping ropes- Early in the morning) Martial arts (Taekwondo, karate,) Running Soccer, basketball, tennis, swimming, Badminton, volleyball</td>
<td>Active games involving running and chasing Bicycle riding Skipping (Jumping ropes) Martial (Arts Taekwondo, Karate, boxing) Running Soccer, basketball, tennis, swimming, Badminton, volleyball Vigorous dancing</td>
</tr>
<tr>
<td>Muscle Strengthening</td>
<td>Games such as tug of war (with knees on the floor) Rope climbing Resistance exercises using body weight Sit-ups (curl-ups or crunches) Swing on playground equipment or bars</td>
<td>Games such as tug of war Push-ups and pull ups Rope climbing Resistance exercises using body weight Sit-ups(curl-ups or crunches) Prostration (chag)</td>
</tr>
<tr>
<td>Bone Strengthening</td>
<td>Games such as hopscotch (Am I right) Hopping, skipping, jumping Jumping rope (Early morning) Running Sports such as basket ball, soccer, volleyball, gymnastics, etc</td>
<td>Hopping, skipping, jumping Jumping rope (Early morning) Running Sports such as basket ball, soccer, volleyball, gymnastics, etc</td>
</tr>
</tbody>
</table>
### བི་ཀོ་ལེན་"ཤུགས་" སྤྱོད་དཔོན་ཆོས་

| བོད་ཚོགས་ཆོས་ | བོད་ | བོད་དང་ལྷ་ཝྱས་ | བོད་དང་འབད་དམར་ | བོད་དང་དཔལ་དབང་ | བོད་དང་མཁོ་དབང་ | བོད་དང་ཞབས་ཡུལ་ | བོད་དང་ཟོས་པ་པོའི་ | བོད་དང་ཐོབས་པོ་ | བོད་དང་ལེགས་དོན་ | བོད་དང་ལེགས་དོན་འགའ་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགς་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེག་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འགའ་འབད་དམར་འབད་དམར་ | བོད་དང་ལེགས་དོན་འག Erotical way to Gross National Happiness!
C.3 ADULTS (19-64 years):

Some physical activity is better than none. All adults should avoid physical inactivity. Adults who perform any amount of physical activity will gain some health benefits.

An adult should do a minimum of daily 30 minutes of moderate intensity five days a week; or 15 minutes of vigorous intensity of physical activity daily for five days a week.

For more extensive health benefits, physical activity should do moderate-intensity of physical activity equivalent to one-hour of aerobic activities, jogging and uphill climb.

Adults should perform moderate or vigorous intensity of muscle strengthening physical activities that involve all the muscles at least 2 days a week.

Individuals should monitor their level of physical activity achievement and make a conscious effort to achieve the required amount of health beneficial physical activity.
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### Table 3: Examples of moderate and vigorous activity for adults

<table>
<thead>
<tr>
<th>Moderate aerobic activity</th>
<th>Vigorous aerobic activity</th>
<th>Muscle strengthening activities</th>
<th>Balance activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walking (1.6 kms in 15-20 minutes)</td>
<td>Jogging or running 1.6 km in 10 minutes or faster</td>
<td>Digging, lifting and carrying while gardening and farming</td>
<td>Meditation</td>
</tr>
<tr>
<td>Uphill climb</td>
<td>Active sports (soccer, aerobics, volleyball, tennis (singles), etc)</td>
<td>Rhythmic aerobics</td>
<td>Yoga</td>
</tr>
<tr>
<td>Gardening</td>
<td>Fast cycling (16km per hour or faster)</td>
<td>Exercise using exercise bands, weight machine, hand-held weights</td>
<td>Standing on one foot</td>
</tr>
<tr>
<td>Tennis (doubles)</td>
<td>Wrestling (Keshey)</td>
<td>Prostrations</td>
<td>Backward and sideways walking</td>
</tr>
<tr>
<td>Cycling (less than 16 km per hour)</td>
<td>Masks dances</td>
<td>Traditional Bhutanese games-Archery, Khuru, Dego, Soksom</td>
<td>Walking</td>
</tr>
<tr>
<td>Games such as cock fight, Bull fight</td>
<td>Heavy gardening</td>
<td></td>
<td>on heels</td>
</tr>
<tr>
<td></td>
<td>Manual farming</td>
<td></td>
<td>and toes</td>
</tr>
<tr>
<td></td>
<td>Uphill climb with backpack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ལྟའི་སྲེལ་སྙིང་།</td>
<td>ལྟའི་སྲེལ་སྙིང་།</td>
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<td>བསྟན་ལྡེ་བྱ་བྱེད་ བྲི་མེད་ཀྱི་བཟང་དབང་ ཤུན་quick and hail</td>
<td>བསྟན་ལྡེ་བྱ་བྱེད་ བྲི་མེད་ཀྱི་བཟང་དབང་ ཤུན་quick and hail</td>
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<tr>
<td>སྤྱོས་དང་ བྱི་བྱེད་ རྒྱ་མཚན་ བཟང་སྐྱོན་ མི་མཚན། འོ་ འཇིགས་ བཟང་ རྒྱལ་པོའི་ལྷེབས་</td>
<td>སྤྱོས་དང་ བྱི་བྱེད་ རྒྱ་མཚན་ བཟང་སྐྱོན་ མི་མཚན། འོ་ འཇིགས་ བཟང་ རྒྱལ་པོའི་ལྷེབས་</td>
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</tr>
</tbody>
</table>
C.4 OLDER ADULTS (65+ years)

All the adult recommendation for the physical activity also applies to older adults.

Older adults should determine their level of physical activity with their bodily ability.

Older adults who have chronic disease condition should understand how their chronic condition can affect the level of regular physical activity and mould their activities accordingly.

For adults with some chronic disease conditions who are unable to do the minimum physical activity of moderate intensity level of 30 minutes per day, older adults should do as their physical conditions allow.

C. 2 : SPECIAL CONSIDERATIONS:

C.2.1 WOMEN DURING PREGNANCY AND POST DELIVERY (POST PARTUM)

Pregnant women who are healthy but not active during pregnancy should do 30 minutes of minutes of moderate intensity of physical activity.

Pregnant women who are healthy and regularly engage in vigorous intensity physical activity should continue with the activity during pregnancy and after delivery.

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 health professional.
གཞུང་དགའ་བྲིན་གྱི་དུས་དགོད་དོན།

ེས་སོགས་རྟེན་ལུགས་གནས་འབོད་དོན།

མཚན་འཛིན་སྐབས་ལེགས་འབོད་དོན།

བོད་ཀྱི་མཐར་ཤེས་སོགས་ཐོབ་དམར་འབོད་དོན།

སེམས་ཤེས་སོགས་ཐོབ་དམར་འབོད་དོན།

དགུ་གནས་ཐོབ་དམར་འབོད་དོན།

བོད་ཀྱི་ཕུལ་པའི་གནས་པ་གནས་འབོད་དོན།

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All pregnant women should have information to adapt their physical activity types with the progression of pregnancy and during the post pregnancy period.

**C.2.2 ADULTS WITH DISABILITIES:**

Adults with disabilities are less likely to engage in regular physical activities than without disabilities. However, they require similar level of physical activities and therefore need to promote physical activity to promote health.

An adult with disabilities, who are able to do the physical activity should do a minimum of daily 30 minutes of moderate intensity five days a week; or 15 minutes of vigorous intensity of physical activity daily for five days a week.

Adults with disability should perform moderate or vigorous intensity of muscle strengthening physical activities that involve all the muscles at least 2 days a week.
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Adults with disabilities who are not able to do the recommended level of physical activity of the guideline, they should avoid physical inactivity and engage in physical activities that they can perform.

Adults with disabilities should consult the health professional about the amount and types of physical activity that is appropriate for their abilities.

**C.2.3 PEOPLE WITH CHRONIC MEDICAL CONDITIONS**

Adults with chronic disease conditions should avoid physical inactivity and obtain benefits of regular physical activity

Consult the health professional about the amount and the type of the physical activities to the health professional appropriate for them.

**C.2.4 PHYSICAL ACTIVITY AT WORKPLACE**

Certain occupational groups such as farming communities, manual labour work force, could be assumed to acquire the recommended level of physical activity incidentally at their work place.

People who get this level of physical activity should still know the types of health beneficial activities, and the benefits of regular amount of physical activity.

People in these occupational groups who could potentially get enough physical activity but not getting the required level and intensity should get required minimum level of physical activity.
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C.2.5 MAINTAINING A HEALTHY WEIGHT:

i. For overweight and obese

Physical activity can benefit people who are overweight or obese as people with healthy body weights.

Overweight and obese people will gain health benefits out of physical activity even when they are not able to lose weight.

The health benefits will be more if the overweight and obese people are able to lose weight with increasing physical activity.

For an obese person (BMI-30 or above), or extremely inactive, start with bouts of 10 minutes or less. Gradually increase the duration and intensity of the physical activity to reach the recommended adult guidelines.

ii. To maintain a healthy weight

To maintain the healthy weight, there must be a balance between energy you get from the food consumed and the energy spent on the physical activities. To avoid gaining weight, do 60 minutes of brisk walking or 30 minutes of jogging per day.
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SECTION D: SAFETY MEASURES FOR PHYSICAL ACTIVITY

Generally physical activity is safe for almost everyone but injuries and other adverse affects do happen in rare occasions. One injury occurs for every 1000 hours of walking for exercise and fewer than four injuries occur for every 1000 hours of running (1 & 3).

The most common injuries affect musculoskeletal systems such as bones, joints, muscles, ligaments and tendons. Adverse affects such as overheating and dehydration may also occur.

The possible risks can be reduced by:

• Choosing the type of physical activity that is appropriate for your current health and fitness level.

• Increasing the physical level of physical activity gradually over a period of time to achieve the required level of health goal.

• Wearing suitable clothes, foot wears, sport gears, and outfits.

• Using appropriate equipments

• Being in safer environments, following rules and regulations and making sensible choices about when and where and how to be active.

• Strictly adhere to the safety standards of each
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game and sport (E.g. Maintaining the required distance from the target or avoid alcohol consumption during the archery tournaments)

• Consult a health care professional if you are suffering from medical conditions that require special attention about what sort of physical activity you could do.
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SECTION E: PUTTING THE BHUTAN 2011 PHYSICAL ACTIVITY GUIDELINE INTO PRACTICE

The National Advisory Committee deliberated that action is needed at the individual, community, policy and political level to help Bhutanese become physically active. This Committee therefore briefly presents few specific steps that should be taken to link the guidelines to strategic actions.

- **Promote goal setting of the physical activity for individuals through various awareness campaigns**
  - Use popular forums and public platforms to generate awareness on diet and physical activity promotion such as Drungtso BBS forum, panel discussion in radio and television
  - Introduce BMI weighing booths or vending machines for people to assess their BMIs. At the same time, provide supportive services such as increase access to counseling and behavior change programs for those with abnormal BMIs.
  - Create web based information for healthy lifestyle promotion and link the information to the web sites of all the organizations in the country.

- **Educate people in the rural settings on the benefits of the physical activity and its recommended level**
  - Assess at intervals whether the recommended physical activities for all age groups are achieved or not through community surveys.
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-Identify any rural occupational groups who are likely to be disproportionately exposed to sedentary lifestyles (eg, weavers, housewives) and reach them with proper health promotion programs.

-Integrate lifestyle health promotion programs with the existing community development programs and the poverty reduction strategies aimed towards achieving the gross national happiness (eg, link community forestry program with healthy lifestyle promotion).

- Promote Healthy Workers Policy (smoke free work spaces, access to healthy diet) by integration of physical activity at work places for office goers:

  - Encourage establishing fitness centers at the work places, with facilities for shower and changing rooms.

  - Provide fitness financial schemes for employees such as through tax deductable schemes and provision of vouchers for physical activity.

  - Integrate health promotion programs in the annual work plan of the organizations introducing monitoring of the health promotion activities.

  - Introduce system for annual health promotion audits to assess the progress of integration of healthy worker policies in both government and non-government organizations (formal and non-formal sectors).
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- Recognize the healthy initiatives taken by the organizations and provide appropriate rewards and replicate the success stories in other organizations.

- **Enhance advocacy for policy support improve the built environment to enable people to be physically active**

- Organize annual interactive sessions for the parliamentary bodies to discuss on the performance of healthy lifestyle promotion strategies.

- Promote formation of independent groups to advocate and influence the political bodies to form supportive policies and programs for healthy lifestyle.

- Involve the religious leaders to engage in public and institutional discourses on benefits of physical activity, diet and healthy lifestyle promotion.

- **Advocate urgent integration of good structural and designs standards for built environment for employees, residents and tenants of all age groups and people with disabilities to ensure: safe and accessible foot paths and trails, stimulating and attractive routes, safe places for cross streets, pedestrian foot paths, attractive and welcoming streets, accessible parks and public open space:**

  - The National Advisory Committee for Diet and Physical Activity identify the potential areas of implementation and recommend the National Steering Committee for Lifestyle Related Diseases to
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submit to the Government /Cabinet for immediate support and appropriate resource allocation to implement the above strategies.

-The apparent lack of adequate focus on pedestrian friendly paths is due oversight during the urban planning phase. The Department of Urban Development and Engineering Services (DUDES) should mandate a pedestrian friendly design standard that caters to various pedestrians (children, disabled and old people) and maintain their functionality.

• **Promote safe accessible pathways for the pedestrians in growing urban settings**

-To promote pedestrian friendly environment, that a Mandatory Education Program for Licensed Drivers (MEPLD) be established in the Road Safety and Transport Authority (RSTA).

The MEPLD would include:
- Half a day educational program for the licensed drivers to be provided round the year
- The RSTA Offices organizes the program as a routine event at a minimum course fee
- Employees should be considered to be in duty and should be allowed to attend the training without having to take leave.
- All the traffic police force should also complete the course annually.
- RSTA should conduct the Annual Road Safety Audits to assess the safety of all users (motorists and pedestrians); publish and disseminate the information on an annual basis.
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• Children would gain the required amount of physical activity at school when they play around with their friends. Schools should not discourage or restrict children to be physically active in the school.

-School Health programs (Ministry of Health and Ministry of Education) take the lead role to integrate health promotion including physical activity and diet in the school health programs.

-Create a proper cadre of Physical Education in the Royal Civil Service Cadre and integrate physical education in all the schools.

-Integrate complete package of diet, physical activity, and other healthy habits as a package in the curriculum/ or use physical education class for the same.

-Include teachers, school staffs parents education for physical activity and health promotion through routine Student Parent Education Association forums.

-Schools and classrooms should promote physical activity such as walking to the school as a positive behavior.

-Encourage schools to include physical activity achievement of the school children in the school performance framework.

-Implement policy of mass promotion of physical activity in the schools.
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- གཉིས་པའི་གཞུང་གི་སྟེང་སྤྱོད་གཞིས་སློབ་ཐོབ་བྱས་མི་འགྲག་བྱའི་བཞི་བྱེད་པ་གྲོས་པ་གྱུར་བའི་ལྡས་བཞིན་སྐྱེས་ཁས་བསྡུས་བཙུགས་བཞི་བྱེད་
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• **Strengthen community based approaches for physical activity promotion**

- Develop social support net-works of the people to motivate and sustain their active lifestyle habits in the neighbourhoods.

- Neighbourhood associations should organize health promotion campaigns integrating physical activity and enhance the participation of the communities to develop neighbourhood and community centers for recreation, games and sports, and walking trails.

• **The Lifestyle Related Disease Program of the Department of Public Health as the Secretariat to the National Steering Committee will strengthen the national coordination for physical activity and healthy diet promotion:**

- Table a six monthly report and discussion of the National Steering Committee on the performance and implementation of the National Strategic framework for lifestyle promotion.

- Develop performance tools for the organizations and advocate for fulfillment of the work plans for employees

- Conduct a routine assessment and surveys on diet and physical activity promotion and other healthy workers strategies.
• གསུམ་དཔལ་ལྕགས་པ་ཐབས་དཔལ་ཐོབ་པ་འར་ཐོབ་པ་རང་ལ་བདེན་པར་འཐོར་ན་འཛམ་ཁྲིམས།
  - རྣམ་སྐྱུན་སེམས་གྱིས་བོད་ལྟའི་ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད།
  - རྣམ་སྐྱུན་སེམས་གྱིས་བོད་ལྟའི་ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད། ལྷ་ོག་པ་དྭ་དེ་ཤིག་ཡོད།

• སྤྱོད་པའི་ལྷ་ོག་པ་དྭ་ལྷ་ོག་པ་དྭ་ལྷ་ོག་པ་དྭ་ལྷ་ོག་པ་དྭ་ལྷ་ོག་pagination
  - སྤྱོད་པའི་ལྷ་ོག་པ་དྭ་ལྷ་ོག་pagination
  - སྤྱོད་pagination
  - སྤྱོད་pagination

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- Conduct advocacy meetings for the policy implementers and the policy and law makers.

- Publish Annual Report on Healthy lifestyle promotion.

- Initiate Healthy Community Projects, Rural Health Pilot Projects, Health Promotion for Monastic Institutions, and Healthy School Projects.
- གཉེན་ལས་འཇོག་པའི་ལམ་སྐྱོང་ནོ་བཞི་བཟོ་དུས་རབས་ཀྱི་སྤོང་གི་སྟོན་པ་སྤྱི་སྤོག་བཤད་ལ།

- འབྲུ་བཙོན་ཚོས་དཔེ་དག་པའི་གནས་གླུ་བརྒྱུད་དུ་བཞི་བཟོ་དུས་རབས་ཀྱི་སྤོང་གི་སྟོན་པ་སྤྱི་སྤོག་བཤད་ལ།

- གོ་སློང་བུད་ནི་བོད་ཀྱི་བོད་ཀྱི་སྤྱི་སྤོང་གི་སྟོན་པ་སྤྱི་སྤོག་བཤད་ལ།

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Annexure 1: List of Glossary of terms:

**Aerobic Physical Activity:** Activity in which the body’s large muscles move in a rhythmic manner for a sustained period of time.

**Archery:** It is a sport played using bow and arrows usually in teams. In Bhutanese archery, the arrows are shot at target approximately 140 meters apart.

**Bone strengthening activities:** Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeleton system.

**BMI:** Body Mass Index is worked out from your weight and height. To calculate your BMI simply multiply your height in meters by itself, then divide your weight in kilograms by that number. \( \text{BMI} = \frac{\text{weight}}{\text{height in m}^2} \)
སྐྱེར་གྱི་སྤྱི་ཚོགས་པ་

སྐྱེར་གྱི་སྤྱི་ཚོགས་པ་བཀོད་པ་པྡོན་པ་བྱ། བྱ་ཆེར་ཅིང་མྱུར་ཡོད་དེ།

གཏོགས། དཔལ་དཔལ་གཉིས་དགེན་པོ་ཆེ་ཐོབ་མི་ཐོབ་མི་ཐོབ་མི་ཐོབ་ཐོབ་མི་ཐོབ་མི

གཏོགས། བཀོད་པ་བྱོན་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག

སྐེར་བྱུང་བོ་ཞུ་ཡ་ལྟེ་བུ། བཀོད་པ་བྱོན་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག་ལྡན་ལོག

Photo: YDCS

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Obese: BMI (30.0 - 34.9) Kg/m²
Overweight: BMI (25.0 – 29.9) Kg/m²
Healthy weight: (18.5 – 24.9) Kg/m²

Built Environment: Man-made surroundings that provide the setting for human activity ranging from the large scale civic surrounding to the personal place. The term is also now widely used to describe the interdisciplinary field of study which addresses the design, management and use of these man-made surroundings and their relationship to the human activities which take place within them. (Wikipedia)

Bull fight: Bull fight or locally known as Laang-thap-ni is power sport. The players crouch down on their knees and hands and push the opponent by using their head or shoulder in crouching posture.

Chunki: It is a contemporary recreational activity imitated from some countries. The basic principle is to toss the bunch of rubber band using the feet. It is popular among younger children.
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**Cock Fight:** It is a fight between two or more players by lifting one leg towards the back held by a hand and the players hop to push each other.

**Degor:** The flat spherical stones are hurled at two pegs fixed in the ground at a distance of about 20 meters apart. The player hurls a pair of degor to pegs from one end to the other by swinging the arm below the shoulders.

**Kesheyy:** Similar to judo, kesheyy is a traditional Bhutanese sport. It is commonly played among the male in traditional dress (gho). The players hold each other’s kera (belt) and try to pull down the opponent on the ground.

**Khuru:** It is a sport using darts, shot at two targets which are approximately 20 meters apart. Bhutanese darts are usually made of heavy wood with pointed nail and bird’s feathers.

**Mask Dance:** Mask dance or Cham as locally known involves lots of bodily movement and coordination dancing to the tune of cymbals and other musical instruments wearing religious attires, paraphernalia and
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masks. The mask dances are performed by males during the religious festivals and special events.

*Muscle strengthening activities:* Physical activity that increases skeletal muscle strength, power, endurance and mass.

**Physical Education:**

*Physical Fitness:* The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.

*Prostration:* Traditionally known as Cha-tshey ni is prostration of the body couching on the knees followed by touching the forehead on the ground or stretching the whole body on the ground in dorsal position.

*Soksom:* It is similar to javelin which is thrown between two targets of approximately 20 meters apart. Soksom is usually made of locally available twigs.
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