

5

Exercise

Prepare by Thai Health Team

In 2004, only one in three Thais exercised 3-5 days per week

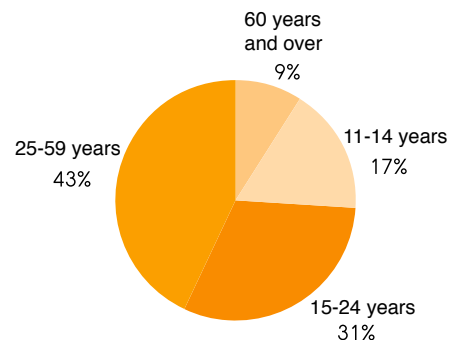


Thai people know that exercise is important for health, but they give greater importance to work and other matters, and do not have time for exercise.



In 2002, the Ministry of Public Health launched a five-point health promotion campaign. In 2005, the five points were increased to six. The campaign deals with exercise, food, healthy emotions, freedom from disease, a safe environment, and avoidance of vice. The objective is for Thais to exercise for at least 30 minutes at least three times per week. Unfortunately, only 23% of Thais meet this objective. More encouragingly, however, the number of Thais who exercise has increased in every region of the country. Altogether, 70% of Thais exercise for their health. Exercising because of invitations from friends is 1-3 times more common in the Northeast than elsewhere. Exercising because of health problems is most common among the elderly, 20% of whom cite this as a reason. Young people and older people are two groups that need to exercise for their health. However, only 17% of Thais aged 11-14, and 9% of Thais aged 60 and over exercise regularly.

The two types of exercise that showed the biggest increases between 2001 and 2004 were jogging and aerobics. Sports and walking actually decreased. Some people have limited time for exercise. However, anything that involves exertion—such as climbing the stairs instead of taking the lift, riding a bicycle to work, or doing housework—is a form of exercise, if performed in sufficient amounts.



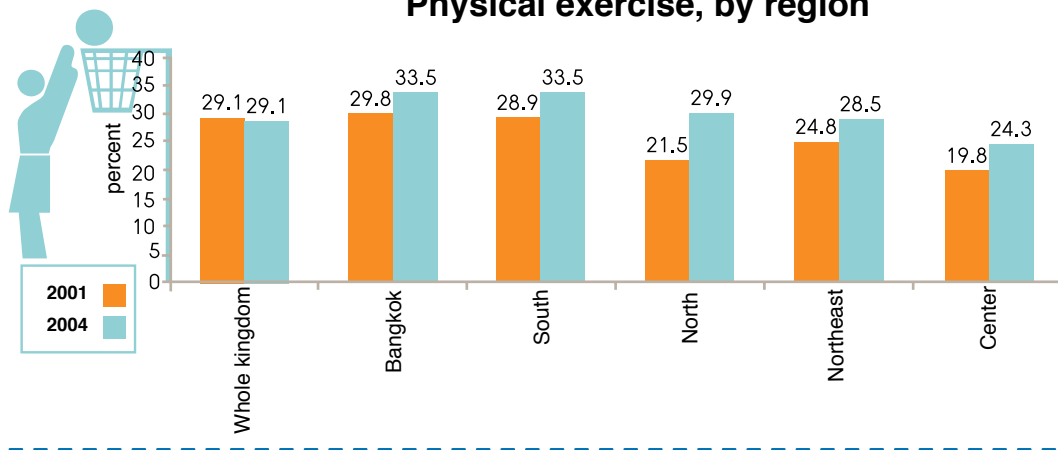
Source: Report on Survey of Physical Activity, 2004, National Statistical Office.

Notes:

1. The National Statistical Office defines an activity to be exercise if it involves some physical exertion, and is undertaken for the sake of health, pleasure, or society. It includes walking, running, skipping, and weight-lifting. It excludes exertion as part of a person's work, and exertion during daily activities.
2. The data refers to the month before the survey.
3. In 2001 the sample consisted of people aged 15 and over.
4. In 2004 the sample consisted of people aged 11 and over.



Physical exercise, by region



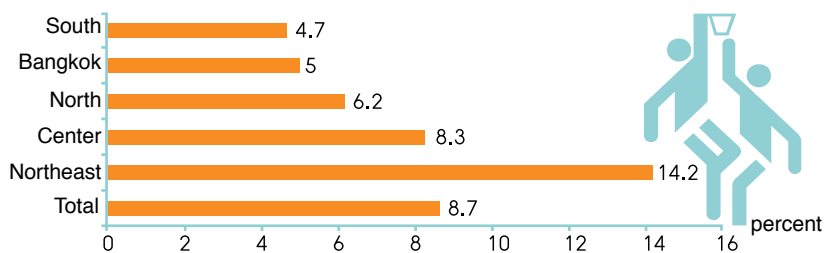
Source: Report on Survey of Physical Activity, 2001 and 2004, National Statistical Office.

Reason for not exercising and Reason for exercising

| Reason for not exercising | percent | Reason for exercising | percent |
|---|---------|------------------------|---------|
| 1. Don't have time, work, look after children or old people | 76.7 | 1. For health | 70.7 |
| 2. Physically incapable | 12.7 | 2. Invited by friends | 8.8 |
| 3. Don't want to, not interested, don't enjoy | 6.0 | 3. Have health problem | 5.2 |
| 4. Studying, no friends, teachers do not show how | 2.9 | 4. Reduce stress | 5.1 |
| 5. Lack sports fields, facilities, equipment | 1.1 | 5. Loose weight | 3.9 |
| 6. Raining, need to rest | 0.7 | 6. Other | 6.3 |

Source: National Statistical Office, 2004
Source: Exercise Unit, Department of Health, 2004

Exercise because invited by friends by region



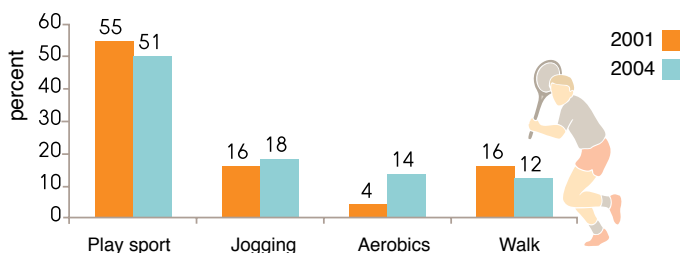
Source: Report on Survey of Physical Activity, 2004, National Statistical Office.

Membership of fitness clubs

| year | Number of Clubs | Number of members |
|------|-----------------|-------------------|
| 2001 | 1118 | 57302 |
| 2002 | 12974 | 172103 |
| 2003 | 35532 | 4577277 |

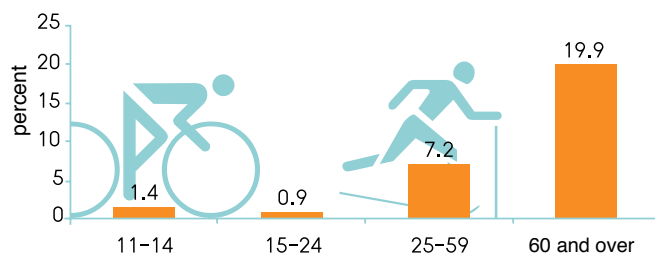
Source: Office of Health Promotion, Department of Health, Office of Health Education, Department of Health Administration

Type of exercise



Source: Report on Survey of Physical Activity, 2004, National Statistical Office.

Exercise because of health problems



Source: Report on Survey of Physical Activity, 2004, National Statistical Office.