

THE POINTS THAT WILL BE DISCUSSED ARE:

## STUDENT WALKING ACTIVITY SRIWIJAYA UNIVERSITY WHEN GOING TO AND FROM CLASS

### WHAT IS WALKING?

the activity of moving forward or moving from one place to another by stepping.

### WHAT IS PHYSICAL ACTIVITY ANYWAY?

WHO defines physical activity as any part of body movement produced by skeletal muscles that requires energy expenditure. Physical activity includes any kind of movement, whether at rest, on the way to or from a place, or as part of one's job.

### WHAT ARE THE BENEFITS OF OF WALKING?

1. Improve vision and maintain weight
2. Increase leg muscle strength and increase stamina
3. Controls blood sugar and has a positive effect on the pancreas
4. Prevents type 2 diabetes and reduces the risk of strokes
5. Stimulates blood circulation to the heart muscle thereby reducing the risk of heart attack
6. Improve blood circulation and oxygen to the brain and improve brain function

### IMPACT OF WALKING

1. Exposure to dust
2. Fatigue occurs
3. Exposure to air pollution (haze)

### WHAT ARE THE RISKS OF WALKING?

1. Pickpocketing while walking caused by students' unfocused attention to their surroundings, thus providing an opening for pickpockets.
2. Risk of accidents to students walking or cycling when crossing the road
3. Respiratory tract infections such as ARI (Acute Respiratory Tract Infection), coughing, and so on due to smog
4. The risk of exposure to dust that can cause skin to become dull, acne even though this does not reduce the intention of students to buy food and drinks on the side of the road which is still located around the campus which may be unhealthy food because it has been exposed to street dust.

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**SOLUTIONS THAT CAN BE DONE WHEN THESE RISKS OCCUR:**

- 1. Be careful and alert when walking in crowded areas.**
- 2. Wear a mask when doing outdoor activities.**
- 3. Maintain body immunity, and do physical activity or light exercise**
- 4. Maintain a diet and increase mineral water intake and avoid buying food or drinks on the roadside (around campus), it is better to bring lunch and drinking water from home or your own boarding house.**



**Physical activity is certainly needed for health, physical activity should be done for 30 minutes every day. Well what physical activity can be done? Activity is divided into 3 parts, namely light, moderate, and heavy physical activity.**