

Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		Cancers (colon and breast)	-20%

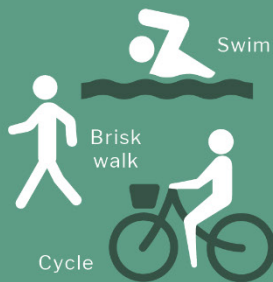
Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk

OR
or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong
Build strength

on at least
2 days a week
Gym Carry heavy bags



Minimise sedentary time
Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls
Improve balance
2 days a week
Dance