

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of

- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

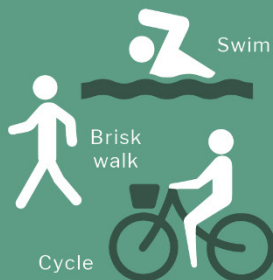
Some is good, more is better

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

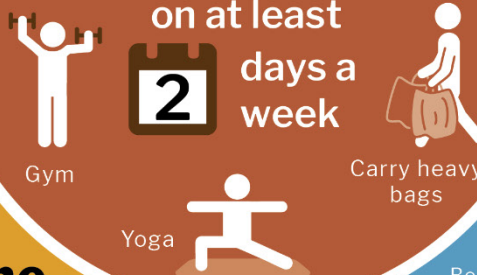
at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2
days a
week



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