

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

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

or a combination of both



to keep muscles, bones and joints strong

Build strength

on at least **2** days a week

Gym Carry heavy bags Yoga



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