




Physical activity benefits 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 and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

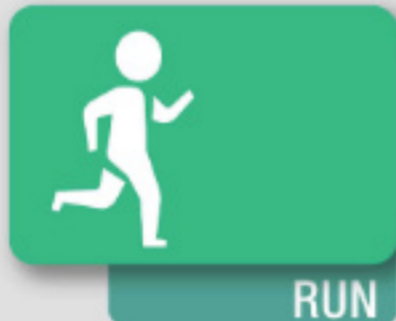
Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



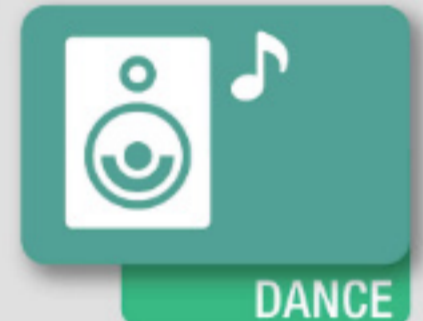
WALK



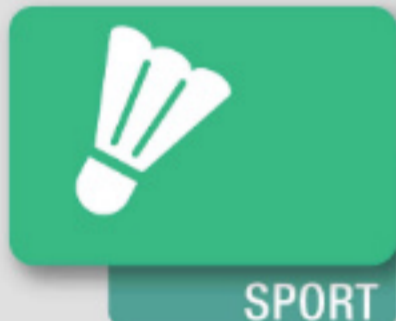
TV



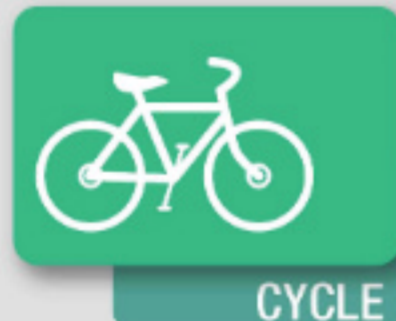
GYM



DANCE



SPORT



CYCLE



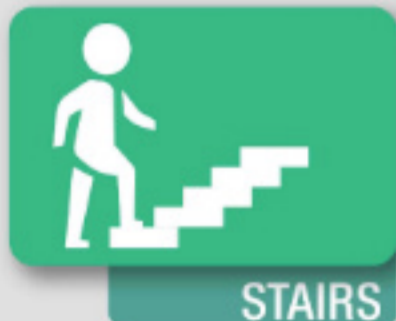
SOFA



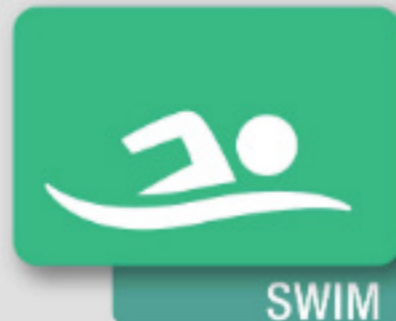
YOGA



TAI CHI



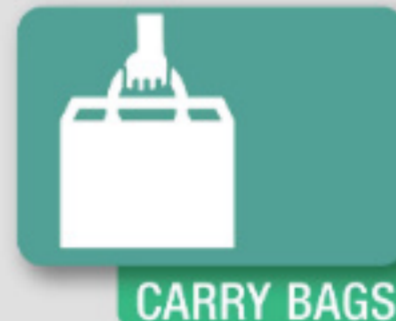
STAIRS



SWIM



COMPUTER



CARRY BAGS



BOWLS

MINUTES PER WEEK

75 OR **150**

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME



DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!