






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

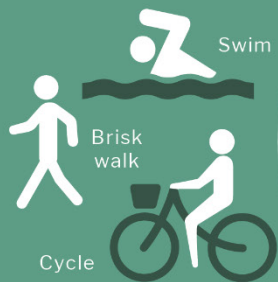
Be active

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

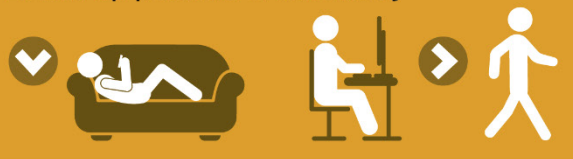
Build strength

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