

## 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 to start

Every minute  
counts

**BE ACTIVE**

at least **150** minutes moderate intensity per week

increased breathing able to talk

Brisk walk, Swim, Cycle

**or**

at least **75** minutes vigorous intensity per week

breathing fast difficulty talking

Run, Stairs, Sport

**BUILD**  
To keep muscles, bones and joints strong

2 Days Per Week  
Gym, Carry heavy, Yoga

**MINIMISE SEDENTARY TIME**  
Break up periods of inactivity

**IMPROVE BALANCE**  
For older adults, to reduce the chance of frailty and falls

2 Days Per Week  
Dance, Bowls, Tai Chi