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
or a combination of both
75 minutes vigorous intensity per week

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

UK Chief Medical Officers’ Physical Activity Guidelines 2019