

Physical activity for adults and older adults

Any level of activity is linked to health benefits



Improves
Sleep



Manages
Stress



Maintains
Healthy weight



Improves
Quality of life

Reduces your chance of

-40% Type II Diabetes

-35% Cardiovascular disease

-30% Falls, depression etc.

-25% Joint and back pain

-20% Cancers (colon and breast)

Be active everyday



Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



Aim for



OR



**Moderate
intensity**
increased breathing
able to talk

**Vigorous
intensity**
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

For older adults

Improve balance

2 days a week to reduce the
chance of frailty and falls



Minimise sedentary time

Break up periods
of inactivity

