Physical activity for adults and older adults

Benefits health
Improves sleep
Maintains healthy weight
Manages stress
Improves quality of life

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
at least 75 minutes vigorous intensity per week

Build strength
on at least 2 days a week

to keep muscles, bones and joints strong

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