

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
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Gym, Carry heavy bags, Yoga, Stairs, Sport, Brisk walk, Cycle, Swim

Minimise sedentary time
Break up periods of inactivity



Improve balance
2 days a week

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

Dance, Bowls, Tai Chi