Physical activity for adults and older adults

- 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

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