Reducing Physical Inactivity in Adults

What counts as being active?

3 Levels of Activity
- **Light**
- **Moderate**
- **Vigorous**

**Light**
- Include strength and balance activity
- AT LEAST moderate intensity to benefit
- Break up target into manageable chunks of 10 mins+

**Moderate**
- 150 mins per week
- AT LEAST moderate intensity to benefit
- Those least active will gain the greatest benefits to begin with

**Vigorous**
- Include strength and balance activity
- 2x per week

Why do we have inactive behaviours?
- Not always a conscious choice
- Lifestyle habits and work can reduce opportunity
- Inactive behaviours can be resilient
- Getting started is the hardest part
- Low confidence can make hard to see
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What can a coach do to help?
- Break things down into manageable steps
- Develop confidence to be active
- Suggest other activities too
- Learn even more with our ‘Behaviour Change Tactics’ resources
- Listen out for old-habit tripwires

Interested in learning more about physical activity?
Check out our physical activity animation and more here.