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
increased breathing able to talk

OR

or a combination of both

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