

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

or a combination of both

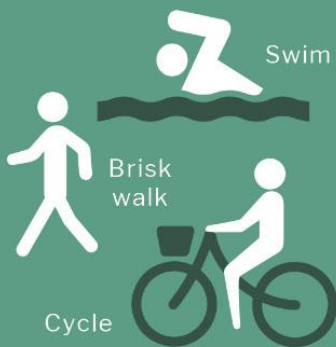
at least

75

minutes

vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2 days a
week



Gym



Carry heavy
bags



Yoga



Stairs

Run

Sport

**Minimise
sedentary time**

Break up periods of inactivity



Bowls

Tai Chi



Dance

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

Improve balance

2 days a week