

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

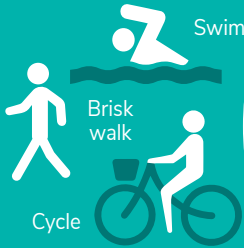
Every minute
counts

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



Yoga



Carry heavy
bags



Bowls



Tai Chi

Minimise sedentary time

Break up periods of inactivity



Dance

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

Improve balance

2 days a week