




Physical activity benefits 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 and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

Be Active

VIGOROUS



RUN



SPORT



STAIRS

MODERATE



WALK



CYCLE



SWIM

To keep your muscles, bones and joints strong

Sit Less



TV



SOFA



COMPUTER

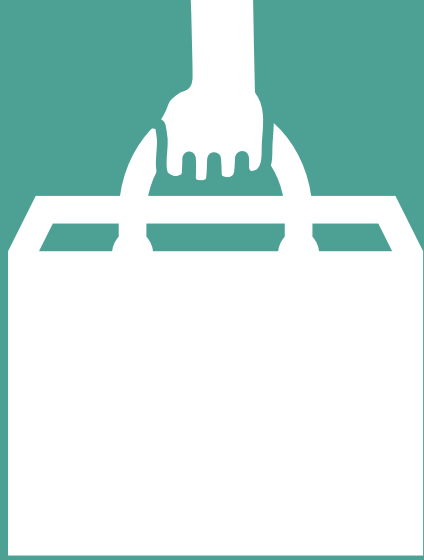
Build Strength



GYM



YOGA



CARRY BAGS

To reduce your chance of falls

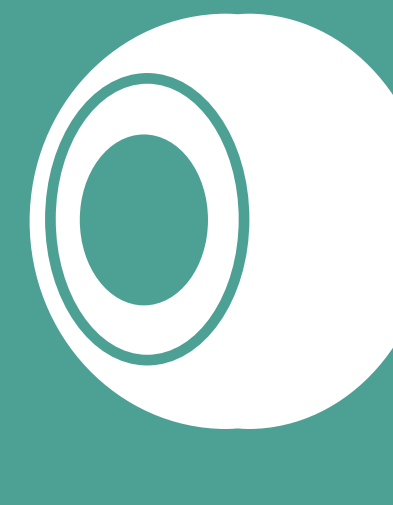
Improve Balance



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME



2 DAYS PER WEEK

Something is better than nothing.

**Start small and build up gradually:
just 10 minutes at a time provides benefit.**

MAKE A START TODAY: it's never too late!