

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



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



Dance