



# 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

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

or a combination of both

**Build strength**  
to keep muscles, bones and joints strong

on at least **2** days a week

Gym, Carry heavy bags, Yoga, Swim, Brisk walk, Cycle, Run, Stairs, Sport, Bows, Tai Chi

**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