Physical activity for adults and older adults

•	Benefits health
۳	Improves sleep
į	Maintains healthy weight

Manages stress

© Improves quality of life

e 01	Type II Diabetes	-40%
ance	Cardiovascular disease	-35%
SCP	Falls, depression etc	-30%
duces	Joint and back pain	-25%
Ke	Cancers. (colon. breast)	-20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

at least

150

minutes

moderate intensity
exercise per week

Increased breathing but
able to talk

Or a combination of both

Be active

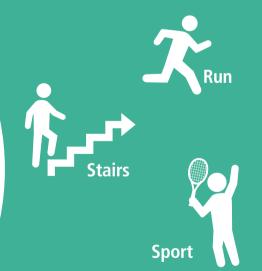


Build Strength

on at least 2 days a week



bags



Improve balance 2 days a week

For older adults, to reduce the

chance of frailty and falls

Minimise sedentary time

Break up periods of inactivity







