

# Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc

-30%

Joint and back pain

-25%

Cancers, (colon, 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  
exercise per week  
Increased breathing but  
able to talk

Or a combination of both

at least  
**75**  
minutes  
vigorous intensity  
exercise per week  
Breathing fast and  
difficult talking

## Build Strength

on at least 2 days a week



Swim



Brisk walk



Cycle



Gym



Carry heavy  
bags



Yoga



Stairs



Run



Sport

## Minimise sedentary time

Break up periods of inactivity



## Improve balance 2 days a week

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



Dance



Bowls



Tai Chi