

# Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		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



to keep muscles, bones and joints strong

### Build strength

on at least **2** days a week

Gym      Carry heavy bags      Yoga



**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