

# 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  
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      Carry heavy bags      Yoga

**Minimise sedentary time**  
Break up periods of inactivity



Bowls      Tai Chi

**Improve balance**  
2 days a week

Dance