

# 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

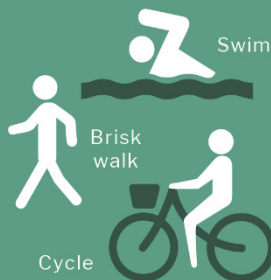
## Be active

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

OR

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



Stairs

Sport

## Minimise sedentary time

Break up periods of inactivity



Bowls



Tai Chi



Dance

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

## Improve balance

2 days a week