
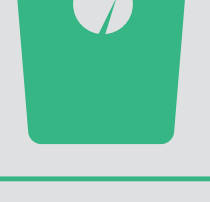



# Physical activity benefits for adults and older adults

-  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 and Dementia **-30%**
  - Joint and Back Pain **-25%**
  - Cancers (Colon and Breast) **-20%**

## What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

**Be Active**

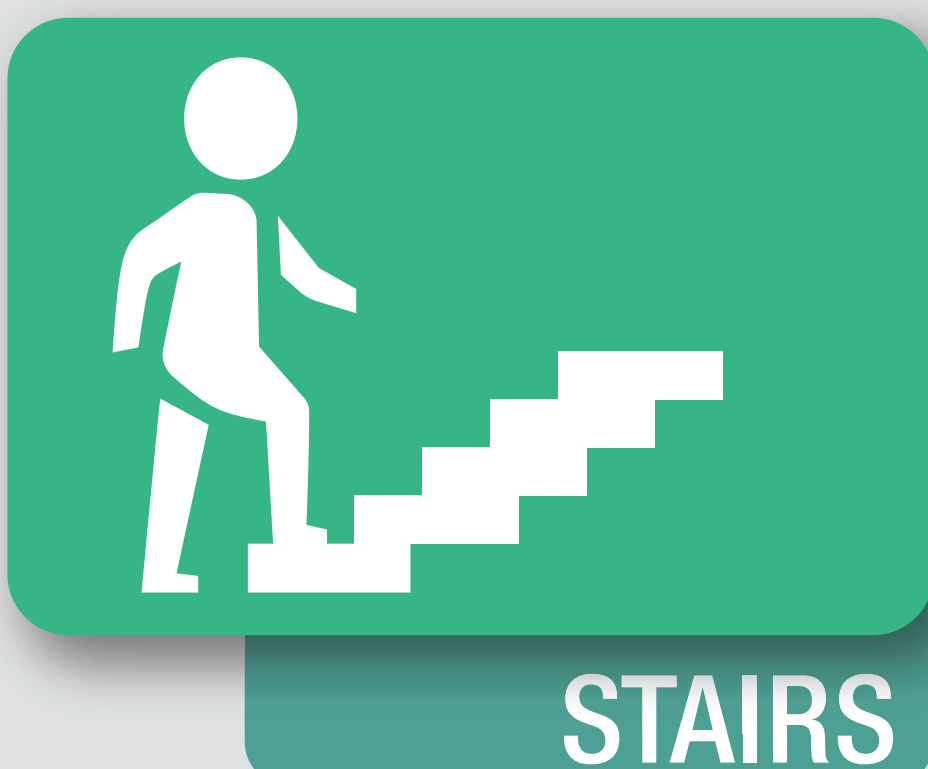
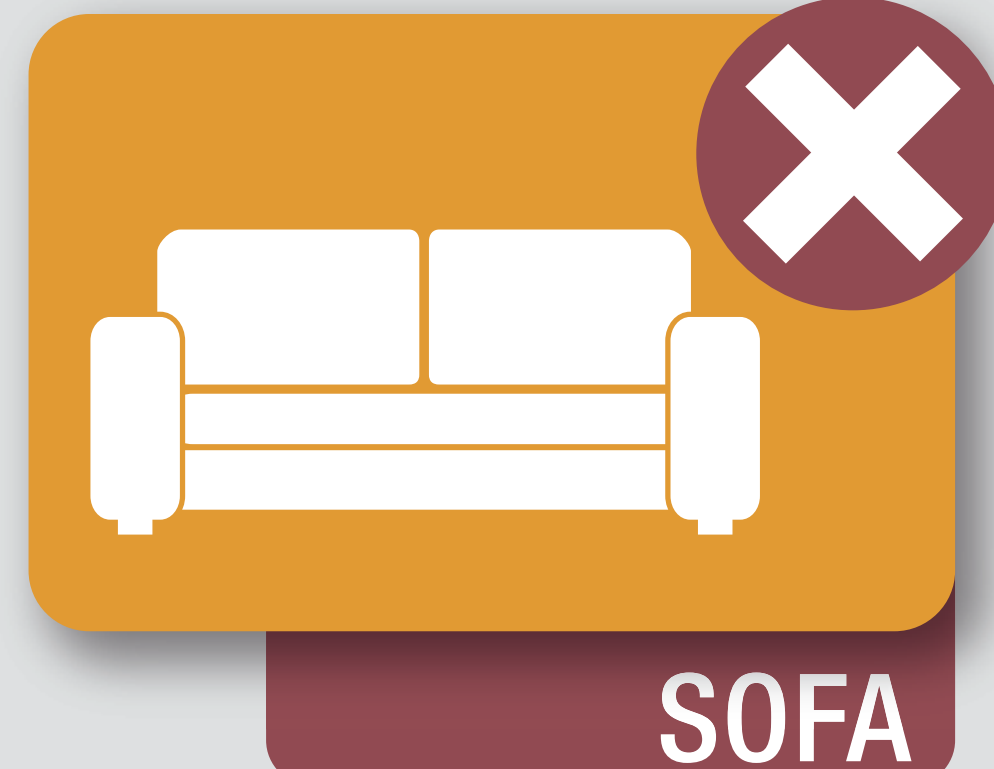
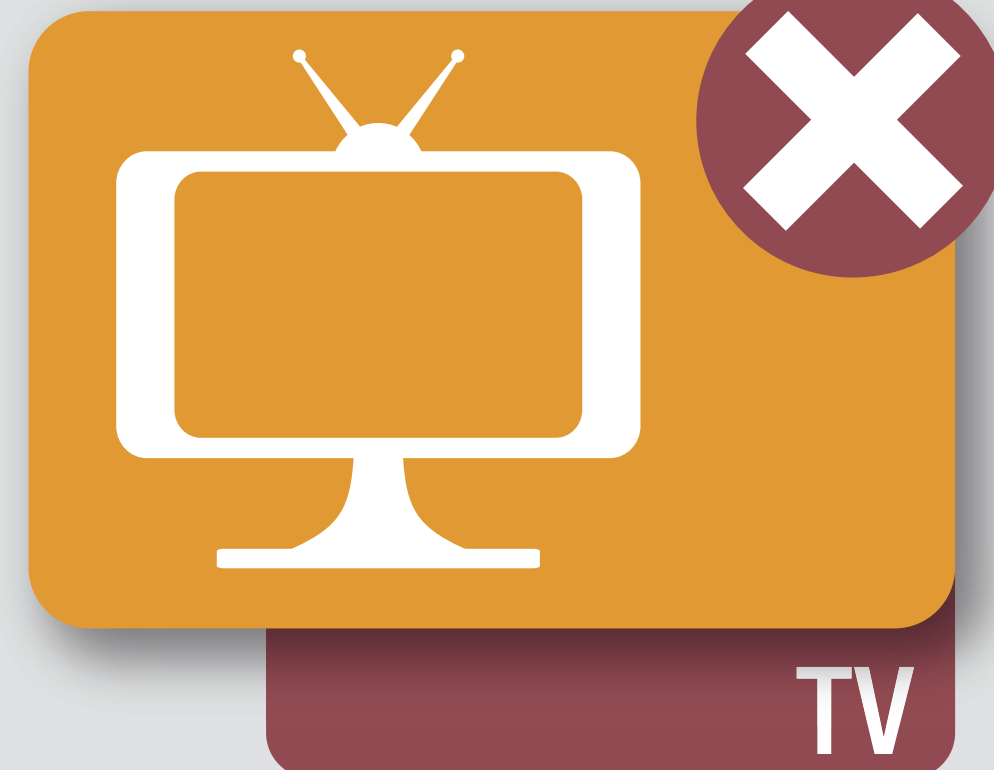
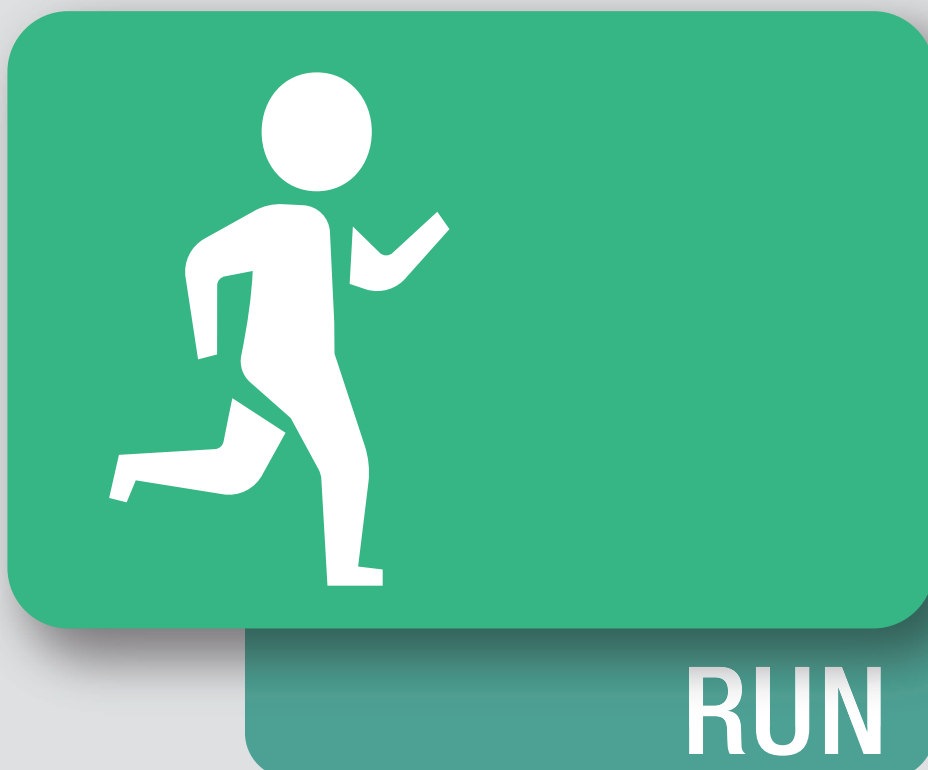
**Sit Less**

**Build Strength**

**Improve Balance**

VIGOROUS

MODERATE



MINUTES PER WEEK

**75** OR **150**

VIGOROUS INTENSITY

MODERATE INTENSITY

(BREATHING FAST  
DIFFICULTY TALKING)

(INCREASED BREATHING  
ABLE TO TALK)

**OR A COMBINATION OF BOTH**

BREAK UP SITTING TIME



**2** DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

**MAKE A START TODAY: it's never too late!**