

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				
 RUN	 WALK	 TV	 GYM	 DANCE	
 SPORT	 CYCLE	 SOFA	 YOGA	 TAI CHI	
 STAIRS	 SWIM	 COMPUTER	 CARRY BAGS	 BOWLS	
MINUTES PER WEEK 75 OR 150 VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK) OR A COMBINATION OF BOTH		BREAK UP SITTING TIME		2 DAYS PER WEEK	
<p>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!</p>					

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: <http://bit.ly/startactive>**