

# 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**

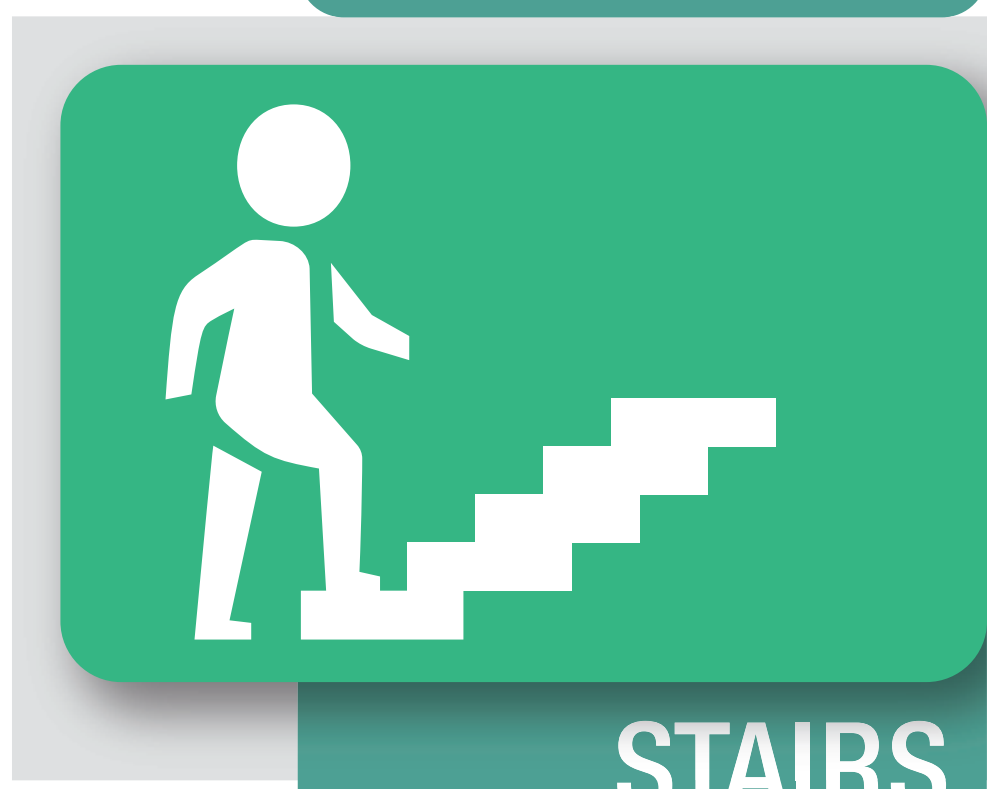
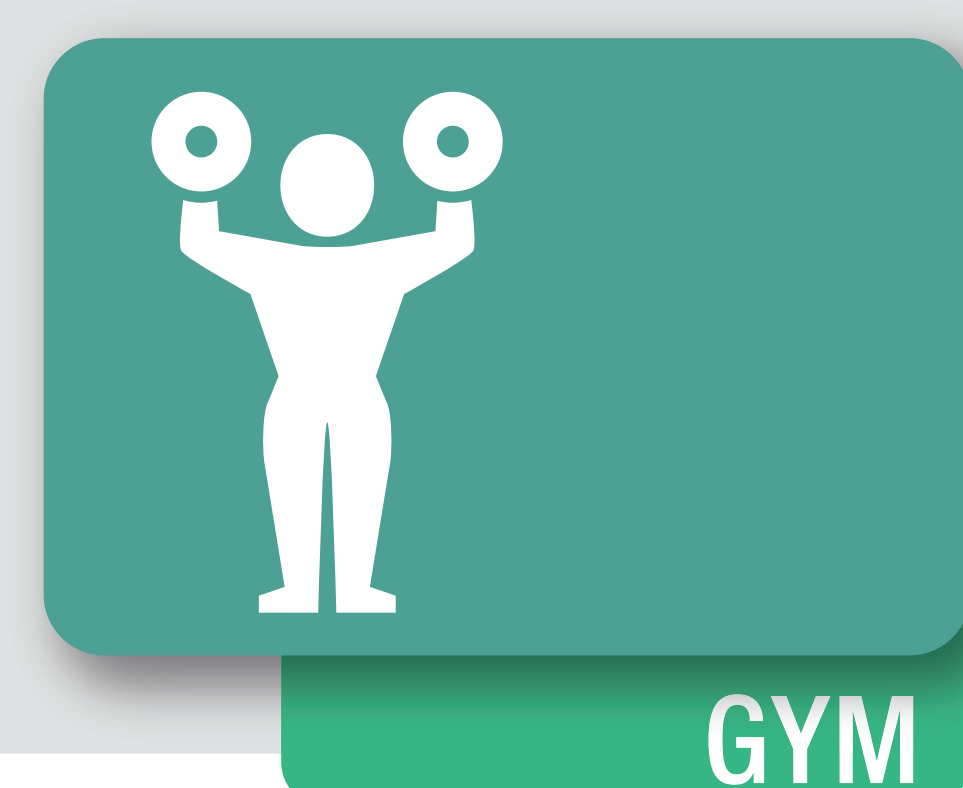
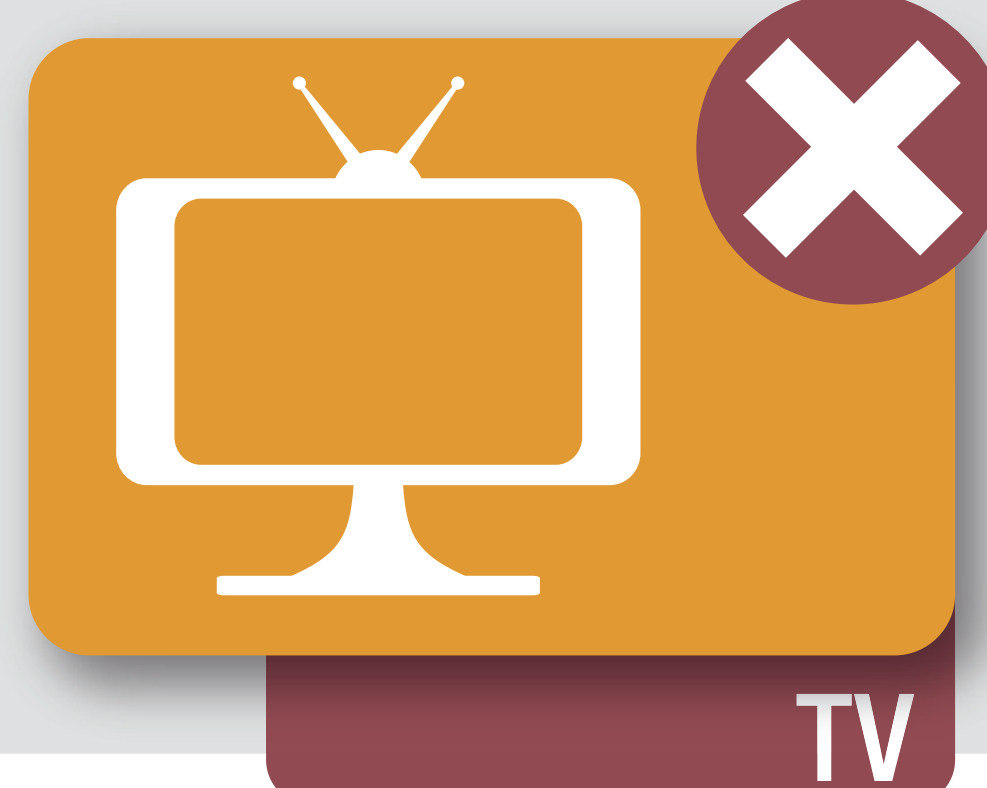
**Sit Less**

**Build Strength**

**Improve Balance**

**VIGOROUS**

**MODERATE**



**MINUTES PER WEEK**

**75 OR 150**

**VIGOROUS INTENSITY**

(BREATHING FAST  
DIFFICULTY TALKING)

**MODERATE INTENSITY**

(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!**