

Physical Activity Guidelines

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



Core Stability Ball

Minutes Per Week

75

Vigorous
Intensity

OR

150

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!