






Physical activity for adults and older adults

 Benefits health	Reduces your chance of	Type II Diabetes -40%
 Improves sleep		Cardiovascular disease -35%
 Maintains healthy weight		Falls, depression etc. -30%
 Manages stress		Joint and back pain -25%
 Improves quality of life		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



Minimise sedentary time
 Break up periods of inactivity



Improve balance
 2 days a week

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

Physical Activity • for • Disabled Adults

• Make it a daily habit •



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity



Difficulty talking without pausing = vigorous intensity activity

Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump

Physical activity for women after childbirth (birth to 12 months)

Time for yourself - reduces worries and depression	Helps to control weight and return to pre-pregnancy weight	Improves tummy muscle tone and strength
Improves fitness	Improves mood	Improves sleep



It's safe to be active. No evidence of harm for post partum women	Depending on your delivery listen to your body and start gently	You can be active while breastfeeding
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