

Fact sheet for Adults



Being physically active is one of the most important steps that you can take to improve your health whatever your age or ability. **So get active your way and enjoy the rewards!**

How much?

At least 30 minutes of moderate intensity physical activity on 5 days a week;

or

At least 150 minutes of moderate intensity physical activity a week.

What counts?

You don't have to do it all at once. You can build your 30 minutes or more over the day by doing a number of short bouts of activity. You must be active for at least 10 minutes for it to count.

A mixture of physical activity that increases fitness as well as strengthening muscle and bone provides the most benefit.

What is moderate intensity physical activity?

	How it feels	Examples
Moderate intensity	Increased breathing and heart rate, but still able to carry on a conversation. Warm or sweating slightly, comfortable pace.	Brisk walking - 1 mile in 15-20 minutes. Water aerobics Cycling slower than 10 miles per hour Ballroom dancing General gardening Brisk hovering Tennis (doubles)



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For more information on how to be active every day visit www.littlesteps.eu or contact **1850 24 1850** for a copy of Get Active Your Way.

