

# PHYSICAL ACTIVITY FOR ADULTS

LET'S  
GET  
MOVING

## HOW MUCH PHYSICAL ACTIVITY SHOULD ADULTS BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance activities on 2 days a week.



## 6 key benefits of moving more:



Improves  
mood



Improves  
sleep



Helps to maintain  
a healthy weight



Builds new  
friendships



Helps to  
reduce stress



Improves quality  
of life

## DO WHAT'S RIGHT FOR YOU

### 3 top tips

1

#### Bitesize chunks

Try to avoid long periods of inactivity

2

#### Move more

Remember, every movement matters

3

#### Do what you enjoy

Find something that makes you happy

**GO! Turn over for activity ideas**

# EVERY MOVEMENT

# MATTERS

Build physical activity into your daily routine...

## GREAT FOR LEISURE



Carry and unload the shopping bags

Join a local activity group



Gardening



Take the stairs

## MOVE WITH YOUR FAMILY



Go on a dog walk



Dance to music

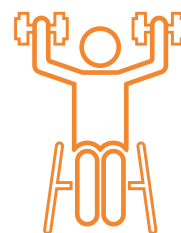
Visit a playground or park



Log movement on our 'Family Activity Tracker'

## TRY THESE AT WORK

Log movement on our 'Activity Tracker'



Do some gentle stretches at your desk



Have a walking meeting

Walk or cycle to work



[active-together.org/letsgetmoving](https://active-together.org/letsgetmoving)

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