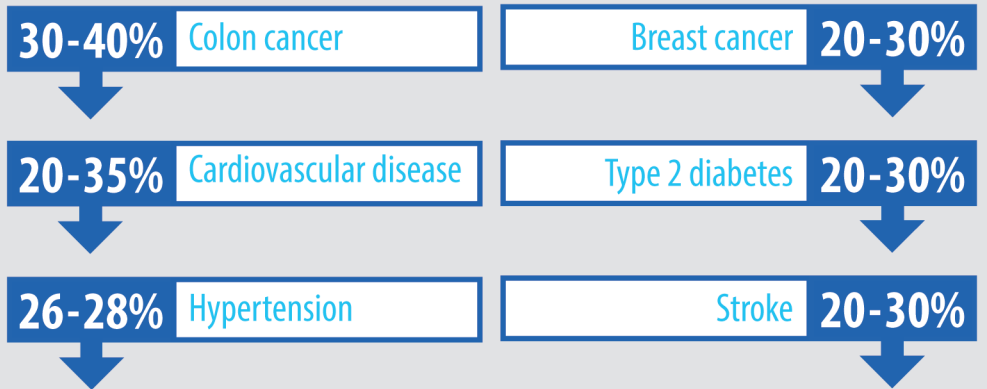


Physical activity and improving health

Regular physical activity reduces the risk of:



Physical inactivity is the fourth leading risk factor for global mortality, responsible for 6% of deaths around the world

People are becoming inactive, with many adults spending **70%** or more of their waking hours sitting down

How much physical activity should you do?

150 Moderate intensity
MINS PER WEEK MINIMUM

Raised heart rate
Feel warmer • Breathe faster

OR

75 Vigorous intensity
MINS PER WEEK MINIMUM

Difficulty talking
Rapid breathing • More effort

2 Strength and balance exercise
DAYS OR MORE PER WEEK

Improve function
Prevent injury

Sit less and move more

Stand • Walk
Break up sitting



Contact a physical therapist – the qualified experts in movement and exercise