

Physical Movement

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. It will also help strengthen your muscles and joints, increase flexibility which can help reduce the risk of falls.

A **minimum of 30 minutes a day** can allow you to enjoy these benefits and improve your health by reducing the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease.

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Nice Guidelines

150 minutes of moderate intensity exercise a week over 5 days = 30 minutes a day.

This can be broken down into smaller more manageable times.

2 x 15 minutes

3 x 10 minutes

6 x 5 minutes

