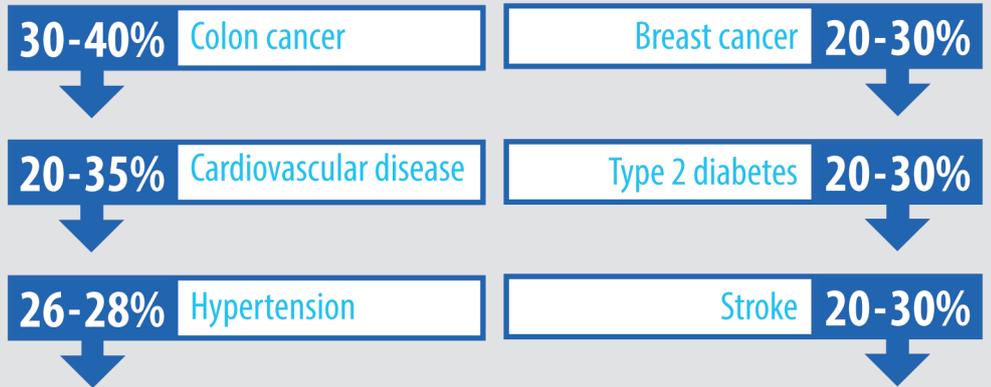


# Physical activity and improving health

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 physiotherapist – the qualified experts in movement and exercise