Physical activity and improving health

Regular physical activity reduces the risk of:

- Colon cancer: 30-40%
- Breast cancer: 20-30%
- Cardiovascular disease: 20-35%
- Type 2 diabetes: 20-30%
- Hypertension: 26-28%
- Stroke: 20-30%

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** MINS PER WEEK MINIMUM
  - Moderate intensity
  - Raised heart rate
  - Feel warmer
  - Breathe faster

  OR

- **75** MINS PER WEEK MINIMUM
  - Vigorous intensity
  - Difficulty talking
  - Rapid breathing
  - More effort

- **2** DAYS OR MORE PER WEEK
  - Strength and balance exercise
  - Improve function
  - Prevent injury

- Sit less and move more
  - Stand • Walk
  - Break up sitting

Contact a physiotherapist – the qualified experts in movement and exercise

Movement for Health
World Physiotherapy Day

World Confederation for Physical Therapy
www.wcpt.org