

# Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,  
more is better

Make a start today:  
it's never too late

Every minute  
counts

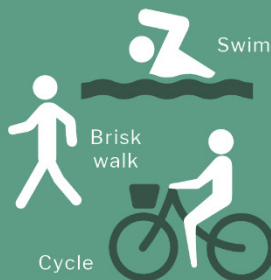
## Be active

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

OR

or a combination of both

at least  
**75**  
minutes  
vigorous intensity  
per week  
breathing fast  
difficulty talking



to keep muscles, bones and joints strong

# Build strength

on at least  
**2**  
days a  
week



Gym



Yoga



Carry heavy  
bags



## Minimise sedentary time

Break up periods of inactivity



Dance

For older adults, to reduce the  
chance of frailty and falls

## Improve balance

2 days a week



# Physical activity for early years (birth – 5 years)

Active children are healthy, happy,  
school ready and sleep better



BUILDS  
RELATIONSHIPS  
& SOCIAL SKILLS



MAINTAINS  
HEALTH &  
WEIGHT



CONTRIBUTES TO  
BRAIN DEVELOPMENT  
& LEARNING



IMPROVES  
SLEEP



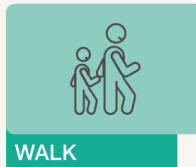
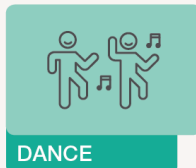
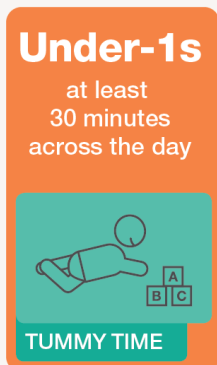
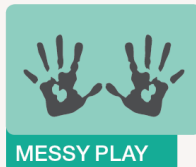
DEVELOPS  
MUSCLES  
& BONES



ENCOURAGES  
MOVEMENT  
& CO-ORDINATION

## Every movement counts

Aim for at least  
**180**  
Minutes  
per day  
for children 1-5 years



**Get Strong. Move More. Break up inactivity**

UK Chief Medical Officers' Physical Activity Guidelines, 2019

# Physical activity for children and young people (5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

Aim for an  
average of at least

**60**

minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to  
develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

## Get strong



INACTIVITY

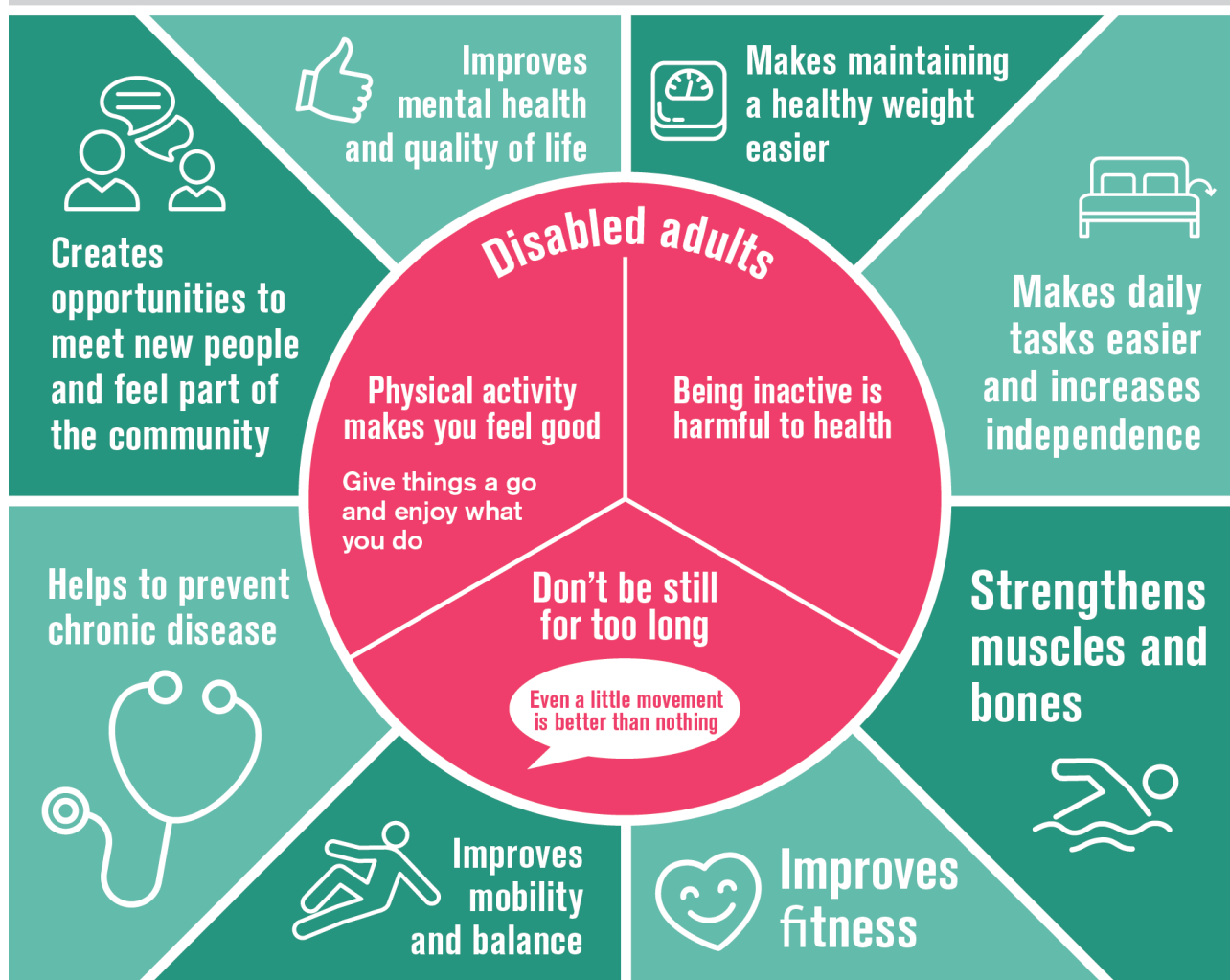
## Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

# Physical Activity • for • Disabled Adults

• Make it a daily habit •



**Do strength and balance activities on at least two days per week**

**For substantial health gains aim for at least 150 minutes each week of moderate intensity activity**

**Remember the talk test:**



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity





# Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



**Equality**



**Inclusivity**

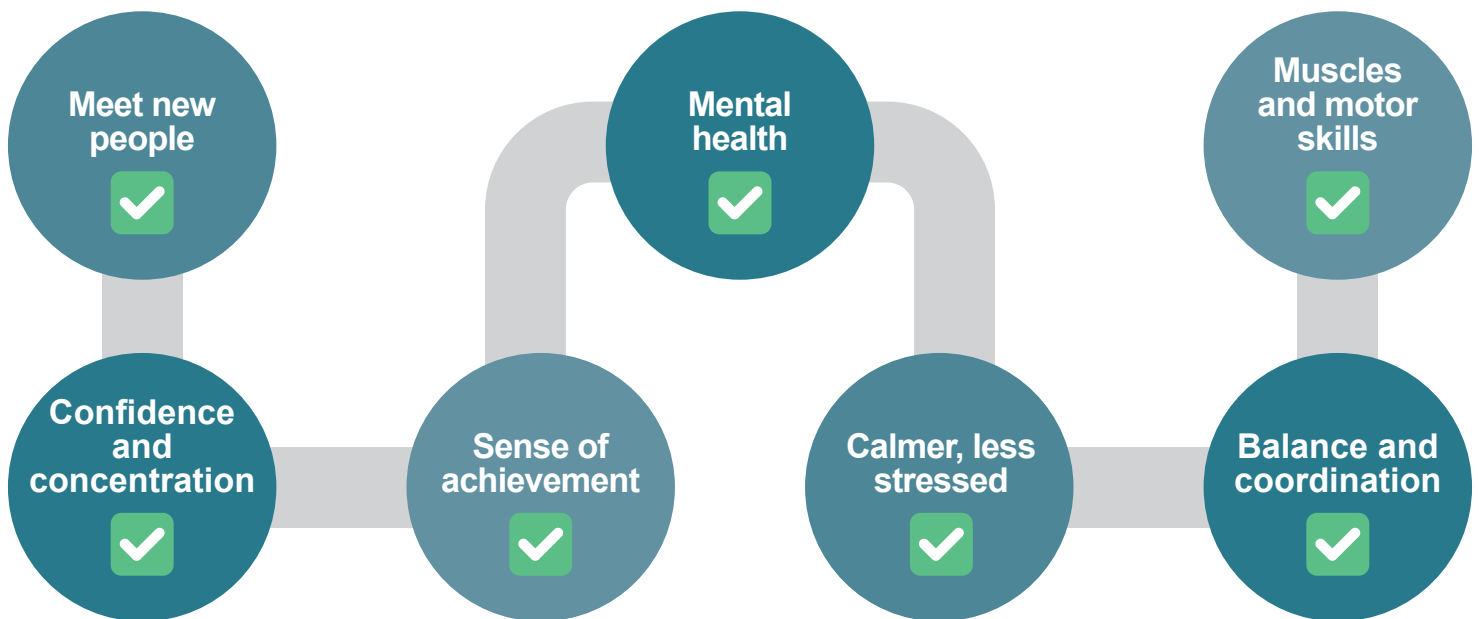


**Finding what's  
fun**



**Exploring what activities  
make you  
feel good**

## Benefits of physical activity



## How much physical activity should I do?

**When starting  
build up slowly**  
Ask: Can you do this today?

**Do bitesize chunks**  
of physical activity  
throughout the day

For good health  
benefits do  
**20 mins**  
of physical  
activity per day

**Do challenging  
but manageable**  
strength and balance  
activities 3 times per week

**Small amounts  
of physical activity**  
are good for you as well

# Physical activity for pregnant women



Helps to control  
weight gain



Helps reduce high blood  
pressure problems



Helps to prevent  
diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

**Not active?**

Start gradually

**Already active?**

Keep going



Do **muscle strengthening**  
activities twice a week

**Every activity counts**, every minute counts, more is better

**No evidence of harm**

**Listen to your body and adapt**



**Don't bump the bump**

UK Chief Medical Officers' Physical Activity Guidelines, 2019