

## Physical activity for adults infographic

Click on the infographic to find the CMO physical activity guidelines.

# 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



Bowls

Tai Chi



Dance

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

**Improve balance**

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

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## Related Articles

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[Benefits of being physically active](#)