

## 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	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		Cancers (colon and breast)	-20%

  

Some is good, more is better	Make a start today: it's never too late	Every minute counts
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## 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

### Minimise sedentary time

Break up periods of inactivity

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

Last updated: August 27, 2020

## Related Articles

[10 Tips for good health](#)

## Benefits of being physically active