

# Fact sheet for Adults



Being physically active is one of the most important steps that you can take to improve your health whatever your age or ability. **So get active your way and enjoy the rewards!**

## How much?

At least 30 minutes of moderate intensity physical activity on 5 days a week;

or

At least 150 minutes of moderate intensity physical activity a week.

## What counts?

You don't have to do it all at once. You can build your 30 minutes or more over the day by doing a number of short bouts of activity. You must be active for at least 10 minutes for it to count.

A mixture of physical activity that increases fitness as well as strengthening muscle and bone provides the most benefit.

## What is moderate intensity physical activity?

	How it feels	Examples
<b>Moderate intensity</b>	Increased breathing and heart rate, but still able to carry on a conversation. Warm or sweating slightly, comfortable pace.	Brisk walking - 1 mile in 15-20 minutes. Water aerobics Cycling slower than 10 miles per hour Ballroom dancing General gardening Brisk hovering Tennis (doubles)



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For more information on how to be active every day visit [www.littlesteps.eu](http://www.littlesteps.eu) or contact **1850 24 1850** for a copy of Get Active Your Way.

