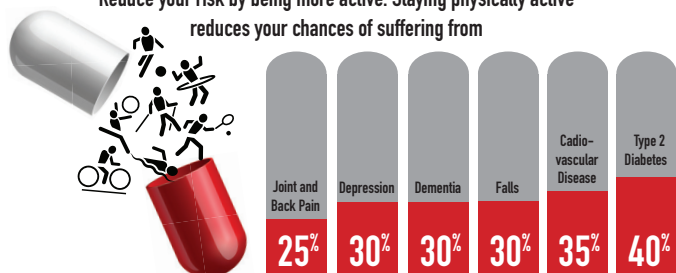


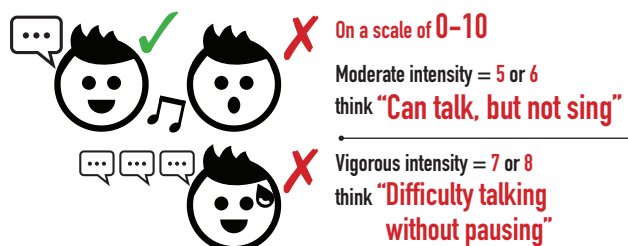
Gold Standard Exercise Recommendations for Health

If Exercise Was A Pill

Reduce your risk by being more active. Staying physically active reduces your chances of suffering from



What is Moderate Intensity Versus Vigorous Intensity Activity?



What Activity Should I Be Doing If I'm Between the Ages of 5 – 17?

- 60 minutes of moderate to vigorous-intensity physical activity – every day
- > 60 minutes daily will give even better health benefits
- Most of the daily physical activity should be aerobic
- But should incorporate vigorous – intensity activities that strengthen muscle and bone, at least 3 times per week



How Activity Intensity Reduces Your Risk of Dying



Reference: Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies. <http://bit.ly/2S7BXOW>

What Activity Should I Be Doing If I'm Between 18 – 64?

- 150 minutes of moderate-intensity aerobic physical activity each week, or 75 minutes of vigorous-intensity aerobic physical activity
- Aerobic activity should be performed in bouts of at least 10 minutes
- 300 minutes of moderate-intensity or 150 of vigorous-intensity aerobic physical activity brings even greater health benefits
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.



What Activity Should I Be Doing If I'm Over 65 Years of Age?

- 150 minutes of moderate-intensity aerobic physical activity each week, or 75 minutes of vigorous-intensity aerobic physical activity
- Aerobic activity should be performed in bouts of at least 10 minutes
- 300 minutes of moderate-intensity or 150 of vigorous-intensity aerobic physical activity brings even greater health benefits
- Activities that enhance balance and prevent falls on 3 or more days per week
- Muscle-strengthening activities should be done involving major muscle groups, on 2 or more days a week
- The goal is to be as physically active as your abilities and conditions allow.



First Steps to Being More Active



TIP If you are starting out try breaking your daily goal into shorter bouts of 10 minutes at a time



Reference: Global Recommendations on Physical Activity for Health, World Health Organisation 2018

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