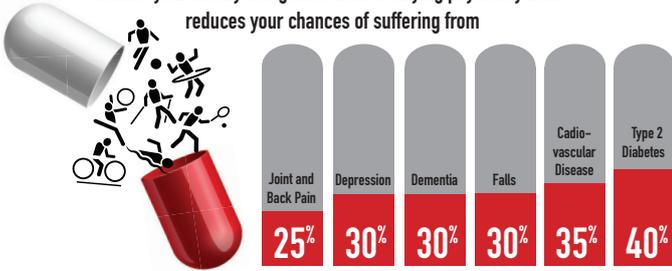


Gold Standard Exercise Recommendations for Health

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?

On a scale of 0-10

Moderate intensity = 5 or 6
think "Can talk, but not sing"

Vigorous intensity = 7 or 8
think "Difficulty talking without pausing"

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/257BXOW>

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.



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

Gradually increase the exercise intensity

Join friends to make it more enjoyable

Pick activities you find fun and mix them up

1 min vigorous intensity = 2 min moderate intensity

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.



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

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