



**Making life better,
together**

Belfast Strategic Partnership



**Active
Belfast**

Physical activity benefits 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 and Dementia | -30% |
| Joint and Back Pain | -25% |
| Cancers (Colon and Breast) | -20% |

What should you do?

For a healthy
heart and mind

To keep your muscles,
bones and joints strong

To reduce your
chance of falls

**Be
Active**

**Sit
Less**

**Build
Strength**

**Improve
Balance**

VIGOROUS

MODERATE



RUN



WALK



SPORT



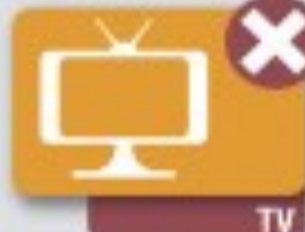
CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS
INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE
INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

**BREAK UP
SITTING
TIME**



2 DAYS PER
WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>