


PHYSICAL ACTIVITY & CVD



Each year, physical inactivity contributes to more than
1 MILLION
preventable deaths

Regular physical activity helps prevent and treat



Heart disease



Stroke



Diabetes



Hypertension



Overweight and obesity



It can also improve mental health, quality of life and well-being!

It only takes **30 MINUTES** of moderate-intensity physical activity **5 DAYS** per week to improve and maintain your health.





Steps you can take on a road to a healthy heart

CHILDREN & ADOLESCENTS
5-17 years



At least **60 MINUTES** of physical activity every day.

Physical activity promotes a child's concentration, healthy growth and development.



Physical activity learned in childhood continues in adulthood, contributing to a decreased risk of heart disease and stroke.

ADULTS
18-64 years



At least **150 MINUTES** of moderate intensity or **75 MINUTES** of vigorous physical activity throughout the week.





SENIORS
65+ years



At least **150 MINUTES** of moderate intensity or **75 MINUTES** of vigorous physical activity throughout the week.



If you are not active, start with small amounts of physical activity and gradually increase duration, frequency and intensity over time.



YOU DON'T NEED TO GO TO THE GYM TO BE PHYSICALLY ACTIVE!

Take the stairs instead of the elevator. If you can, walk or cycle to work – even if it's just part of the way. Take breaks during the day to move around and do simple exercises.

In order to be beneficial for your cardiorespiratory health, all activity should be performed in bouts of at least

10 MINUTES



EXAMPLES OF MODERATE INTENSITY PHYSICAL ACTIVITY



- Brisk walking
- Cycling
- Gardening
- Housework
- Ballroom dancing
- Skateboarding

EXAMPLES OF VIGOROUS INTENSITY PHYSICAL ACTIVITY



- Jogging/running
- Hiking
- Fast cycling
- Fast swimming
- Aerobics
- Playing competitive sports

AND DON'T FORGET... **SOME** PHYSICAL ACTIVITY IS BETTER THAN **NONE** AT ALL!

