Regular physical activity helps prevent and treat

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

PHYSICAL ACTIVITY & CVD

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 the road to a healthy heart

CHILDREN & ADOLESCENTS

5-17 years

At least 60 MINUTES of moderate-intensity physical activity EVERY DAY

Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, should be incorporated at least 3 DAYS A WEEK

Limit the amount of time spent being sedentary, particularly recreational screen time, and replace it with more physical activity of any intensity (even light intensity).

ADULTS & SENIORS

18+ years

At least 150-300 MINUTES of moderate-intensity or 75-150 minutes of vigorous-intensity aerobic physical activity THOUGHOUT THE WEEK

Adults should also do muscle strengthening activities at moderate or greater intensity that involves all major muscle groups on 2 OR MORE DAYS A WEEK

If you are not active, start with small amounts of physical activity and gradually increase the 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

ADULTS & SENIORS

5-17 years

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!