

PHYSICAL ACTIVITY BENEFITS FOR ADULTS



Benefits Health



Improves Sleep



Maintain a Healthy Weight



Manages Stress



Improves Quality of Life

REDUCES YOUR RISK OF

TYPE 2 DIABETES



CARDIOVASCULAR DISEASE



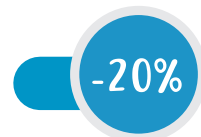
FALLS, DEPRESSION AND DEMENTIA



JOINT AND BACK PAIN



CANCERS (COLON AND BREAST)



SOMETHING IS BETTER THAN NOTHING, START SMALL AND BUILD UP GRADUALLY, JUST 10 MINUTES AT A TIME PROVIDES BENEFIT. GET STARTED TODAY.

IT'S NEVER TOO LATE!



TO KNOW MORE ABOUT THE IMPORTANCE OF PHYSICAL ACTIVITY CALL US ON **2326 6000**

E: health.pro@gov.mt [f](#) [t](#) [@](#) HPDPMalta

Health Promotion & Disease Prevention Directorate
Tel: 2326 6000, www.healthpromotion.gov.mt

OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

BE ACTIVE.

Recommendations on Physical Activity **18-65**



PHYSICAL ACTIVITY WHO Guidelines

BE ACTIVE

150 Mins.

75 Mins.

Moderate Vigorous

Per week



How much do I need to do? – Based on World Health Organisation Guidelines

Adults should engage for a minimum of 150 minutes of moderate-intensity of physical activity, or at least 75 minutes of vigorous intensity physical activity, over one week. An equivalent combination of moderate and vigorous-intensity activity can also be done.

This physical activity can be carried out in one session or in smaller sessions of 10 minutes or longer.

For additional health benefits, adults should increase their moderate intensity physical activity to 300 minutes per week or engage in 150 minutes of vigorous-intensity physical activity per week (or an equivalent combination of moderate-and vigorous-intensity activity).

Muscle strengthening activities should be done involving major muscle groups on two or more days a week.

It is also important reduce time sitting down (sedentary time) by reducing time using a computer or watching television.

MODERATE

VIGOROUS



Walk



Run



Dancing



Sport



Swim



Fast Swim

What is Moderate and Vigorous Physical Activity?

The intensity of different forms of physical activity varies between people. If you perform a moderate intensity activity, you will be able to talk, but with some difficulty, during the activity. If you are doing a vigorous intensity activity, you will not be able to say more than a few words without taking a breath.

Examples of moderate physical activity include; a fast walk, swimming, dancing and gardening

Examples of vigorous physical activity include; a brisk jog, fast swimming and playing a sport

Why?

The benefits of physical activity include improvement in heart and lung health, the strength and endurance of the bodies muscles as well as bone health. In addition, physical activity helps in reducing the risk of chronic diseases, depression and loss in memory.



Examples of Strength training



Gym



Dance



Yoga



Pilates



Carry Bags



Bowling

Reduce



Computer



Sofa



TV

