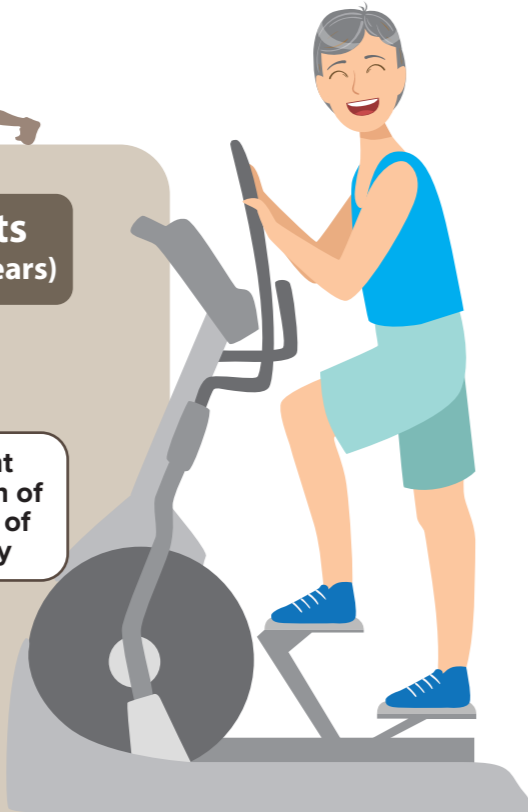


Reduces your risk of

Type 2 diabetes	- 40%
Cardiovascular disease	- 35%
Falls	- 30%
Depression and dementia	- 30%
Joint and back pain	- 25%
Cancers (colon and breast)	- 20%

‘Some physical activity is better than nothing, start small and increase gradually. This provides health benefits. Consistency is key. It is never too late!’



Adults
(18-64 years)

At least **150 to 300** minutes moderate-intensity aerobic PA, weekly

At least **75 to 150** minutes vigorous-intensity aerobic PA, weekly

OR

Equivalent combination of both types of PA weekly

2 days a week
Muscle strengthening activities at moderate or greater intensity



 **Health Promotion & Disease Prevention Directorate**
Tel: 2326 6000, hpd.gov.mt



Be Active Guidelines for ADULTS AND MIDDLE AGED

18-65



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What is physical activity?

According to the World Health Organization (WHO), physical activity is any movement that makes your muscles work and burns energy. This includes activities where older adults move around instead of sitting, but the intensity can vary between activities.

What is Light, Moderate, and Vigorous Intensity Physical Activity? How can I identify the difference?

Activity intensity guide	
Intensity Level	Sing-Talk Test
Light	Able to sing
Moderate	Able to talk but not sing
Vigorous	Cannot say more than a few words without pausing to breathe

Vigorous



Run



Sport



Fast swim

Moderate



Walk



Dancing



Swim

Light



Standing or walking slowly



Fishing



Light housework (cooking or washing dishes)

How much physical activity should adults aged 18-65 do?

Adults should engage in at least 150-300 minutes of moderate-intensity physical activity, or at least 75-150 minutes of vigorous intensity physical activity, over one week or an equivalent combination of moderate and vigorous-intensity activity. Doing some physical activity is better than doing none. Doing more minutes of physical activity than the recommendations mentioned above increases the health benefits.

Sedentary Time

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

Improving Strength

Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide increased health benefits.

Why?

Physical activity boosts heart and lung health, strengthens muscles and enhances its density. It reduces the risk of chronic diseases, depression, and memory loss, promoting overall physical and mental wellbeing for all ages.

Include physical activity in your day

Park further away
Go for a walk
Use the stairs not the lift
Walk with your dog
Walk or bike to your destination or work
When possible, stand instead of sitting down

Physical activity benefits for adults

Benefits health
Improves sleep
Maintains a healthy weight
Manages stress
Improves quality of life

Examples of strength training

Circuit training	Dance
Yoga	Bowling
Carry bags	Pilates

Reduce

Smart devices
Sofa
TV

Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major functional movement

