



Cardiovascular disease (CVD) – which includes heart disease and stroke – causes 17.3 million deaths each year, making it the world's number one killer. But the good news is that the majority of CVD is caused by risk factors that can be controlled, treated or modified; including

physical inactivity a leading CVD risk factor. **Find out what steps you can take** on the road to a healthy heart and a longer and better life to help reduce premature CVD deaths by 25 per cent by 2025.



WORLD HEART FEDERATION

CHILDREN

5-17 years

Children aged 5-17 should do at least **60 minutes** of physical activity every day.



Physical activity promotes a child's concentration, healthy growth and development, **prevents disease** and unhealthy weight gain.

Urbanization reduces levels of physical activity, cities must be built with enough safe green spaces for children's recreational activities.



Physical activity learned in **childhood continues in adulthood**, contributing to the person's decreased risk for heart disease and stroke.

Healthy child

Adults should do at least **150 minutes** of moderate intensity or **75 minutes** of vigorous physical activity throughout the week to reduce the risk of high blood pressure, coronary heart disease, stroke and type 2 diabetes.



Physical activity is **not only sport**. It is any bodily movement that uses energy including walking, doing household chores and dancing.



ADULTS

18-64 years

150 minutes of moderate physical activity per week reduces the risk of heart disease by... and the risk of diabetes by...



Each year, physical inactivity contributes to over



Brisk walking, dancing, housework and gardening would be classed as **moderate-intensity** physical activity...

...whereas **vigorous physical activity** would be running, cycling, swimming and playing competitive sports.



Healthy adult

Older adults should do at least **150 minutes** of moderate intensity or **75 minutes** of vigorous physical activity throughout the week to lower rates of coronary heart disease, high blood pressure, stroke and type 2 diabetes.



FREQUENCY OF ACTIVITIES



DURATION OF ACTIVITIES

If you are not active, **start with small amounts** of physical activity and gradually increase duration, frequency and intensity over time. It is recommended to talk to a doctor before starting an exercise programme to be sure it is the right one.

SENIORS

65 and above

In adults aged **65 years** and above, physical activity can range from sports and planned exercise to other activities such as walking, dancing or gardening.

The body burns fewer calories as you get older. **Excess weight** causes the heart to work harder and increases the risk for heart disease, high blood pressure, diabetes and high cholesterol.



Exercising regularly and eating a balanced diet rich in fruit and vegetables can help maintain a healthy weight.

Healthy ageing