

# 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 the road to a healthy heart

## CHILDREN & ADOLESCENTS

5-17 years

At least **60 MINUTES** of moderate to vigorous-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**

## ADULTS & SENIORS

18+ years

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

**THROUGHOUT THE WEEK**

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**



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).



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**



## 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!**

