



## The Challenge

Get active every day -  
move more.

### Why is it important to get active?

Physical activity is beneficial because it can:

- help to manage the balance between energy in and energy out, to maintain a healthy weight;
- improve heart health and strengthen muscles and bones;
- improve sleep, relieve stress and lift mood.

### What is recommended?

We are all advised to minimise inactivity. In addition, there are specific age-related recommendations.

#### Pre-schoolers (aged 3 to 4)

- Be active for 180 minutes (3 hours) spread throughout the day, including at least 60 minutes of moderate-to-vigorous intensity physical activity.

#### Children and young people (aged 5 -18 years)

- Be active for at least 60 minutes every day (ranging from moderate-to-vigorous intensity).
- Engage in a variety of types and intensities of physical activity across the week, to develop movement skills, muscular fitness and bone strength.

#### Adults (19 - 64 years)

- Be active for at least 150 minutes each week (moderate intensity), or have 75 minutes of vigorous activity a week.
- Do muscle strengthening activities on two days or more each week.

#### Moderate intensity

Moderate intensity activity increases body temperature and the rate of breathing, and makes the heart beat faster. When exercising at a moderate level, it should be possible to talk, but hard to sing a song.

#### Vigorous intensity

Vigorous intensity activity increases body temperature, makes breathing faster and heavier, and makes the heart beat rapidly. When working at this level, it is hard to say more than a few words without pausing for breath.

#### Muscle strengthening activities

Muscle strengthening activities should work all the major muscles and are usually done in repetitions or sets, such as sit-ups, lifting weights and yoga. However, muscle strengthening activities can also include activities such as heavy gardening or carrying heavy shopping.

#### Inactivity

As well as being physically active, it is also important that we reduce the amount of time being sedentary,

such as watching TV, playing computer games and travelling by car when we could walk or cycle. Over time, sedentary behaviour can lead to weight gain and obesity, which can increase the risk of developing chronic diseases in adulthood such as heart disease, stroke, and type 2 diabetes.

**The easiest way to move more is to make activity part of everyday life!**

# #moveandgroovemore