

Daily Guide to getting active!

How much activity do I need a day?

To be healthy you need regular physical activity.



Children

At least 60 minutes of moderate to vigorous activity every day



Adults

At least 30 minutes of moderate activity on five days a week



What is moderate activity?

Increased breathing and heart rate, but still able to carry on a conversation. Feeling warm or be sweating slightly. Done at a comfortable pace. Examples include brisk walking, gardening, water aerobics, cycling slower than 10 miles a hour.



What is vigorous activity?

Breathing heavily, cannot keep a conversation going, faster heart rate and sweating. Concentrating hard. Examples include jogging or running a mile in 10 minutes or faster, swimming, active sports like football, squash, aerobics.

