

Figure 1 Physical Activity Guidelines 2017

## Physical activity is good for you – the more, the better

### Adults and older persons



**Moderate or vigorous activity** at least **150 minutes** every week, spread over several different days



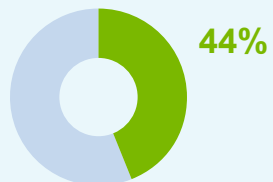
**Activities that strengthen muscles and bones** (for older people, including balance exercises): at least **twice** a week



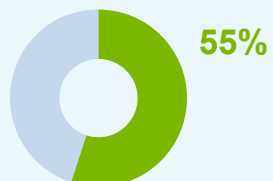
And: **avoid spending long periods sitting down**

**What percentage of people currently meet the guidelines?**

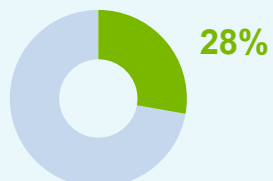
18 years old and above



4 - 11 years



12 - 17 years



### Children



**Moderate or vigorous activity** at least **1 hour** per day



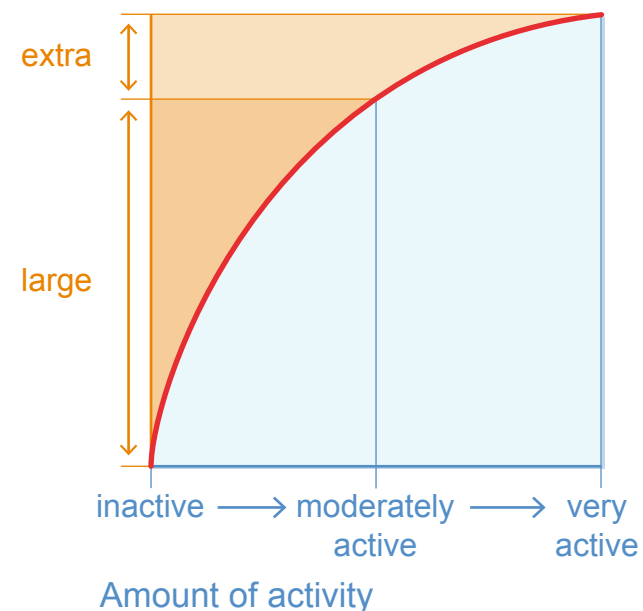
**Activities that strengthen muscles and bones** at least **three times** a week



And: **avoid spending long periods sitting down**

## The greatest health benefits are achieved when you start to become physically active

### Health benefits



### Types of activities for:



**Strengthening muscles**  
Improving the strength and stamina of the skeletal muscles



**Strengthening bones**  
Load-bearing exercises with own body weight

## Intensity of exercise

As the intensity increases, heart rate, respiratory rate and energy consumption also increase further

### Sitting down

*Watching television, working with a computer*



Respiratory rate

Energy consumption

Heart rate



### Light

*Playing music, washing up*



### Moderate

*Walking, cycling*



### Vigorous

*Running, playing football*

