

# EXERCISE

**150**  
MINUTES  
PER WEEK

**HOW MUCH**  
EXERCISE DO YOU REALLY NEED?

*Even 10 minutes at a time  
can make a difference!*

**30** MINUTES  
PER DAY  
**5** DAYS PER WEEK



**START SLOW**  
**AND WHEN READY, INCREASE:**



FREQUENCY



INTENSITY



TIME

**TRY A  
YOUTUBE  
VIDEO**

**DO BODY  
WEIGHT  
EXERCISES**

**REMEMBER  
TO DRINK  
WATER**



**RISK OF ALL-CAUSE MORTALITY DECREASES WITH INCREASED  
PHYSICAL ACTIVITY. SIT LESS. MOVE MORE (1)**

(1) Health.gov. 2020. [online] Available at: <[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)>[Accessed 6 October 2020].