

# Why it's important to be active?

Being active strengthens muscle and bones, which is important as we get older.

**KEEPING ACTIVE IMPROVES YOUR MOOD WHILE EASING STRESS AND ANXIETY**

**Be active**  
at least **150** minutes moderate intensity per week **OR** at least **75** minutes vigorous intensity per week  
a combination of both



Swim



Run



Brisk Walk



Stairs



Cycle



Sport

**Minimise sedentary time**



**Improve balance**

2 days a week



Dance



Bowl



Tai Chi