

PHYSICAL ACTIVITY PYRAMID

Australian Physical Activity Guidelines:

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

Source:
<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publication-strateg-phys-act-guidelines#apaadult>

Active
Geelong

150-300 MINUTES PER WEEK
MINIMUM 30 MINUTES,
5 DAYS PER WEEK

