# What is Physical Activity/Exercise?

**Physical activity is any movement we do that uses energy.**

**Chair exercise, Tai Chi and dancing are one type of physical activity.**

**Housework and gardening are also a type of physical activity.**

**Physical activity and exercise are important for our health and wellbeing**

Be active

## What is Physical Activity/Exercise?

Adults should do a <u>minimum</u> of 150minutes of moderate intensity activity every week.

A Moderate intensity activity, should make your breathing and heart faster.
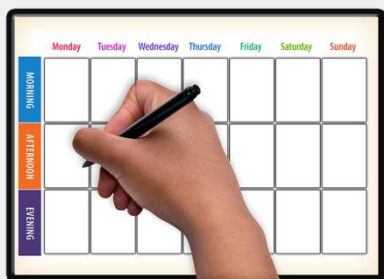
But you should be able to talk while doing it !

Your activity should include exercises to make your muscles stronger.

It is important to have a mixture of strength, balance and cardio in every week.

# Benefits of Physical Activity

**Make a plan and keep track of your activities for the week.**

**There are lot's of good reasons to stay active!**

**Physical activity can improve your mood and happiness.**

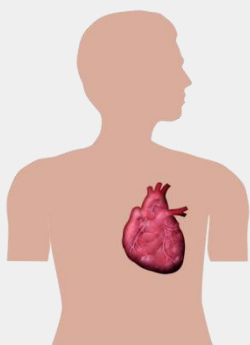**Physical activity keeps our bones and muscles strong.**

## Benefits of Physical Activity

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**Physical activity can keep us at a healthy weight.**



**Physical activity can help with sleep.**



**Physical activity keeps your heart and lungs healthy.**



**Physical activity is fun and helps us learn new skills!**