

18-64
YEARS

PHYSICAL ACTIVITY FOR ADULTS

Physical activity can help adults



Physically



Mentally

and keep them:



Strong and fit



Relaxed



Healthy

Each week adults need at least

Moderate Activity



150
minutes



e.g. walking

OR

Vigorous Activity



75
minutes



e.g. running

Or a mix of both!



Strength activities on 2 days

Tips for getting active



Sport or games



Gym or fitness classes



Family bike rides



Stretching activities like
yoga



Walking



Gardening

healthy
Tasmania
A Tasmanian Government
and Community Partnership