

By being **PHYSICALLY ACTIVE**
on a regular basis you will live longer

Did you
know
that...?

If you do moderate
**PHYSICAL
ACTIVITY**
(equivalent to
brisk walking)



2.5 HOURS
A WEEK

YOU CAN ADD UP TO

3.4 YEARS TO
YOUR LIFE



And if you maintain
a **HEALTHY** weight

YOU CAN ADD UP TO



7.2 YEARS TO
YOUR LIFE

INTENSITY EXERCISE
(equivalent to brisk walking)

**YEARS
OF LIFE**



Time in minutes per week



GAINED



Less than 75

1.8



75-149

2.5



150-299

3.4



WHO RECOMMENDED!



300-449

4.2



More than 450

4.5