Physical activity benefits for adults and older adults











IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dementia -30%	
	Joint and Back Pain	-25%
	Cancers (Colon and Breast)	-20%

What should you do?



UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: http:bit.ly/startactive