



Be active every day



at least
30 min



Adults need to do
at least 30 minutes
of moderate to vigorous
physical activity most days.



at least
60 min



Children and young people
need to do **at least 60 minutes**
of moderate to vigorous
physical activity each day.



**Boost your health and feel good
by being physically active in as
many ways as possible.**

For details, see the pamphlets:

Be Active Every Day: Physical Activity for Adults Code HE2311

Be Active Every Day: Physical Activity for 5- to 18-Year-Olds Code HE2312

