## Physical activity benefits for adults and older adults









MANAGES STRESS



IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dement	ia <b>-30%</b>
	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