

# Every Move Counts



Scan Me

Being active regularly with a chronic condition has significant health benefits for your heart, body and mind, whether you're walking, cycling, dancing, doing sport or playing with your kids.

## Chronic Conditions



At least  
**2hrs 30min**  
per week



On at least  
**2**  
days per week  
Muscle strengthening  
activities



On at least  
**3**  
days per week  
for older adults  
Multicomponent balance  
and functional exercises



**As much  
as you  
can**

Begin with  
small amounts  
of activity and  
build gradually

*Limit sedentary time*

