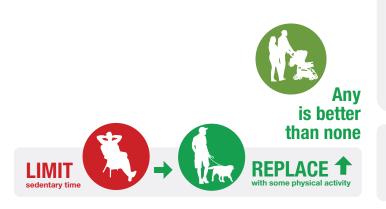# Every Move Counts

Being active regularly has significant health benefits whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.

LIMIT sedentary time → **REPLACE** with some physical activity

Any is better than none

At least **3** hours per day	At least **1** hour per day	At least **2**hrs **30**min per week	On at least **3** days per week muscle strengthening activities	On at least **2** days per week muscle strengthening activities	On at least **3** days per week multicomponent activities for balance and strength	**Everyone who can** More than **5** hours per week
Babies & Children aged 1-4	Children & Adolescents	Adults & Older Adults	Children & Adolescents	Adults	Older Adults	

Including those living with disability

Every Move Counts

hi Healthy Ireland