Daily Guide to getting active!

How much activity do I need a day?

To be healthy you need regular physical activity.

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
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<tbody>
<tr>
<td>At least 60 minutes of moderate to vigorous activity every day</td>
<td>At least 30 minutes of moderate activity on five days a week</td>
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What is moderate activity?
Increased breathing and heart rate, but still able to carry on a conversation. Feeling warm or be sweating slightly. Done at a comfortable pace. Examples include brisk walking, gardening, water aerobics, cycling slower than 10 miles a hour.

What is vigorous activity?
Breathing heavily, cannot keep a conversation going, faster heart rate and sweating. Concentrating hard. Examples include jogging or running a mile in 10 minutes or faster, swimming, active sports like football, squash, aerobics.

For more information about being active, visit www.getirelandactive.ie