



Let's Get **Active!**

...to improve health & wellbeing

We should all aim to achieve the following:

30 **Minutes a Day**
which can be
3 x 10 minute sessions

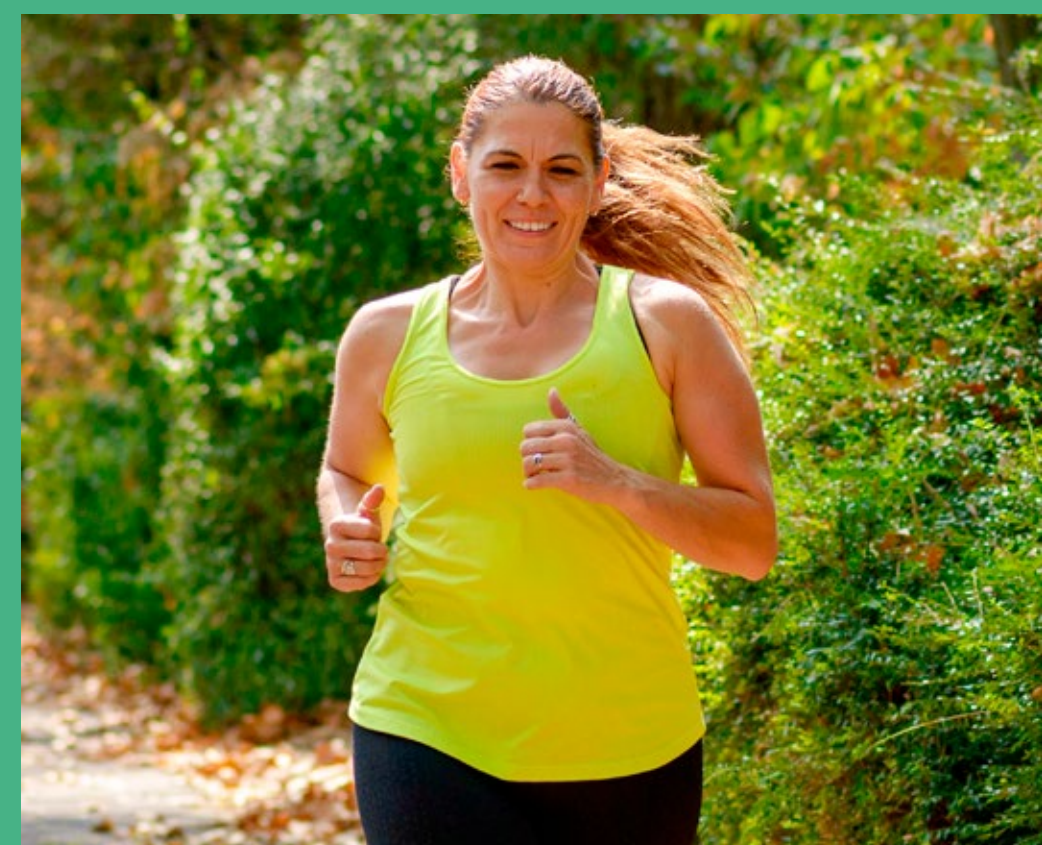
5 **Days a Week**

Perform at a Moderate Intensity

- You should feel warmer
- Breathe faster
- Raise your heart rate

Try Physical Activities such as:

Walking / Running / Cycling / Swimming / Gardening



REMEMBER - some physical activity is better than none!

For more information visit
www.getirelandactive.ie

