Let’s Get **Active!**
...to improve health & wellbeing

We should all aim to achieve the following:

30 Minutes a Day
5 Days a Week

which can be
3 x 10 minute sessions

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