

PHYSICAL ACTIVITY FOR HEALTH

– step by step



Weekly physical activity recommendation for 18–64-year-olds
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 UKK Institute



EVERYDAY LIFE OFFERS MANY OPPORTUNITIES TO BE PHYSICALLY ACTIVE

Light physical activity as often as possible

Every step counts: household chores, shopping and other daily activities. Your circulation increases, blood sugar and lipid levels improve, joints get more flexible, and your mind is invigorated.

Breaks to sedentary behaviour whenever possible

Even small amount of physical activity activates your muscles, reduces strain on your body and improves the wellbeing of your musculoskeletal system.

Restorative sleep sufficiently

Adequate sleep is important. During sleep, your brain structures your thoughts and helps you to recover from daily stress. When you wake up refreshed, you know you have slept enough.

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HOW MUCH PHYSICAL ACTIVITY IS GOOD FOR YOU?

Even short bouts of physical activity count.

**Moderate
physical activity
for health**

All activity that increases your heart rate is beneficial.

At least 2 h 30 min per week

> Physical activity is moderate, if you are able to talk despite shortness of breath.

OR

**Vigorous
physical activity
for fitness**

You will achieve the same health benefits in a shorter length of time, when you increase the intensity of your activity.

At least 1h 15 min per week

> Physical activity is vigorous, if talking is difficult due to shortness of breath.

**IN ADDITION
Muscle
strengthening and
balance activities
to enhance physical
functioning**

Use your large muscle groups and challenge your balance more than normal. Move your way: climbing stairs, heavy gardening, group exercises, gym, ball games.

At least 2 times per week

#physicalactivityforhealth #physicalactivityrecommendation



PHYSICAL ACTIVITY CAN IMMEDIATELY MAKE YOU FEEL BETTER.

Your mood will improve.
Your thoughts will be sharper.
Your feeling of stress will be reduced.
You will sleep better.

BEING SUFFICIENTLY PHYSICALLY ACTIVE CAN ADD HEALTHY YEARS IN YOUR LIFE.

Physical activity prevents, treats and rehabilitates many diseases, such as cardiovascular diseases, type 2 diabetes, musculoskeletal disorders, and some cancers.

Move your way. Every day.