



Weekly
**physical activity
recommendation**
for 18–64-years-old

 UKK Institute



Physical activity for health – step by step



Restorative sleep

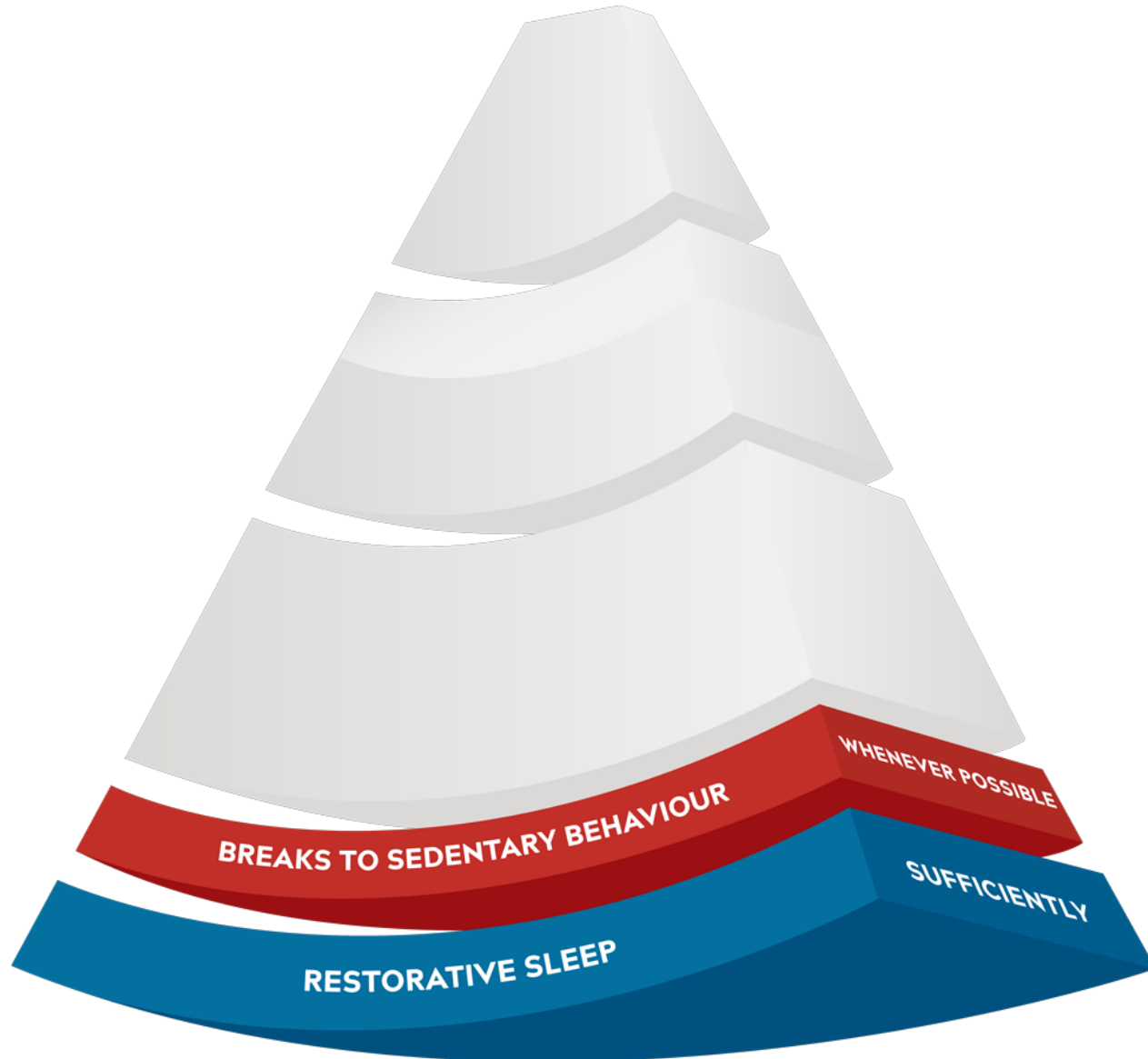
sufficiently

- 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.

Everyday life offers many opportunities to be physically active

All movement counts!

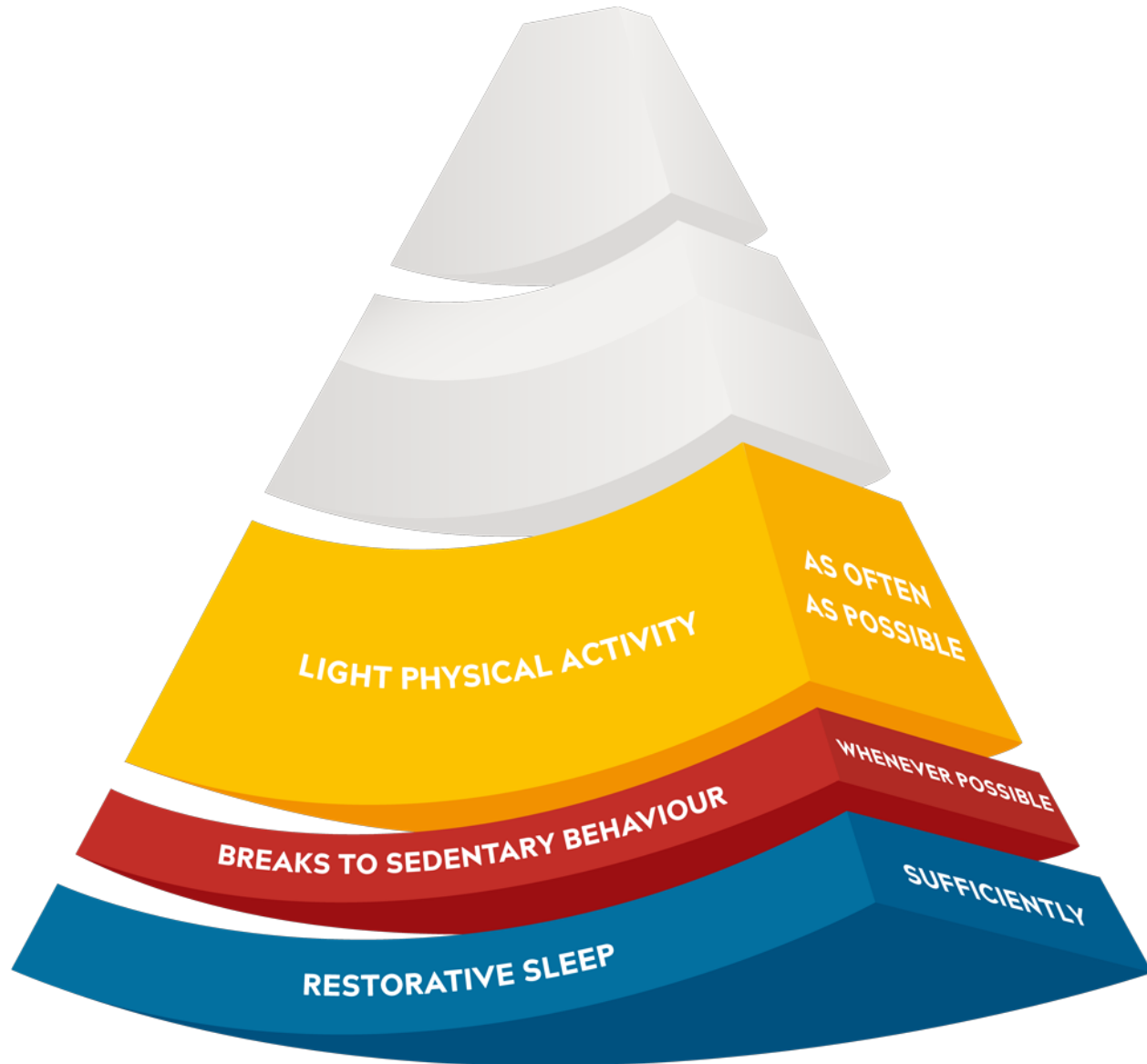




Breaks to sedentary behaviour whenever possible

Physical activity

- activates your muscles
- reduces strain on your body
- and improves the well-being of your musculoskeletal system.

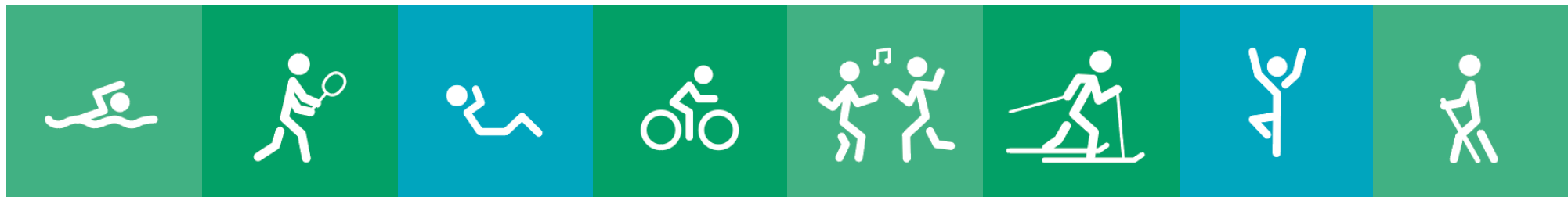


Light physical activity as often as possible

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

How much physical activity is good for you?

Even short bouts at a time count.





Moderate physical activity

at least 2 h 30 min per week

- Any activity that increases your heart rate is beneficial.

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

OR



Vigorous physical activity

at least 1h 15 min per week

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

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



Muscle strengthening and balance activities

at least twice a week

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

Physical activity can immediately make you feel better

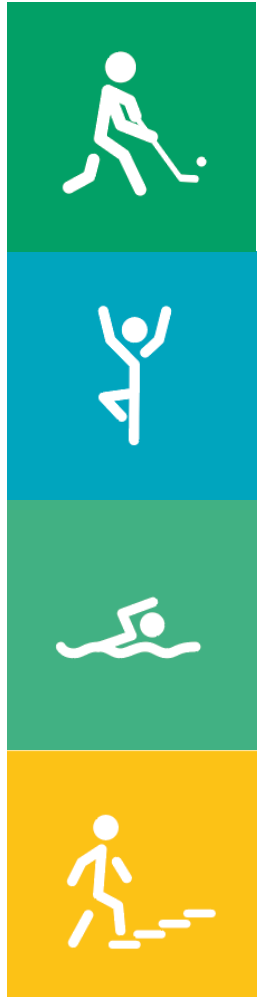
- Your mood will improve.
- Your thoughts will be sharper.
- Your feeling of stress will be reduced.
- You will sleep better.



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.

Sources

[Physical Activity Guidelines for Americans](#). U.S. Department of Health and Human Services, 2018

[2018 Physical Activity Guidelines Advisory Committee Scientific Report](#).
Physical Activity Guidelines Advisory Committee Scientific Report.
Washington, DC: U.S. Department of Health and Human Services, 2018.



Thank you!

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