



# ACTIVE BODY HEALTHY MIND



Did you know?

Keeping your body active also helps your mental health? Finding activities that you enjoy not only benefits your physical health and fitness, but also your overall well-being.

How much should you do?

**75** MINUTES PER WEEK OF VIGOROUS INTENSITY  
(breathing fast, difficulty talking)

**OR**

**150** MINUTES PER WEEK OF MODERATE INTENSITY  
(increased breathing, able to talk)

**OR** A COMBINATION OF BOTH



Remember!

Any physical activity is better than none. Start small and build up gradually. We all have to start somewhere!