

Cardiovascular disease (CVD) which includes heart disease and

stroke – causes 17.3 million deaths each year, making it the world's number one killer. But the good news is that the majority of CVD is caused by risk factors that can be controlled. treated or modified; including physical

inactivity a leading CVD risk factor. Find out what steps you can take on the road to a healthy heart and a longer and better life to help reduce premature CVD **WORLD HEART**

deaths by 25 per cent by 2025.



CHILDREN

5-17 years

do at least 60 minutes of physical activity every day.

Children aged 5-17 should



Physical activity promotes a child's concentration, healthy growth and development, prevents disease and unhealthy weight gain.



of physical activity, cities must be built with enough safe



in childhood continues in adulthood, contributing to the person's decreased risk for heart disease and stroke.

ADULTS

Adults should do at least 150 minutes of moderate

intensity or 75 minutes of vigorous physical activity throughout the week to reduce the risk of high blood pressure, coronary heart disease, stroke and type 2 diabetes.



18-64 years



household chores and dancing. risk of heart disease by... and the risk of diabetes by...

movement that uses energy including walking, doing





Brisk walking, dancing, housework and gardening would be classed as

moderate-intensity physical activity...

...whereas vigorous physical activity



ENIORS



65 and above

rates of coronary heart disease, high blood pressure, stroke and

type 2 diabetes.

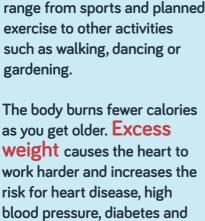
Older adults should do at least 150 minutes of moderate intensity or 75 minutes of vigorous physical activity throughout the week to lower



DURATION OF ACTIVITIES In adults aged 65 years and above, physical activity can range from sports and planned exercise to other activities

such as walking, dancing or gardening. as you get older. Excess weight causes the heart to

high cholesterol.







If you are not active, start



Exercising regularly and eating a balanced diet rich in fruit and vegetables can help maintain a healthy weight.