

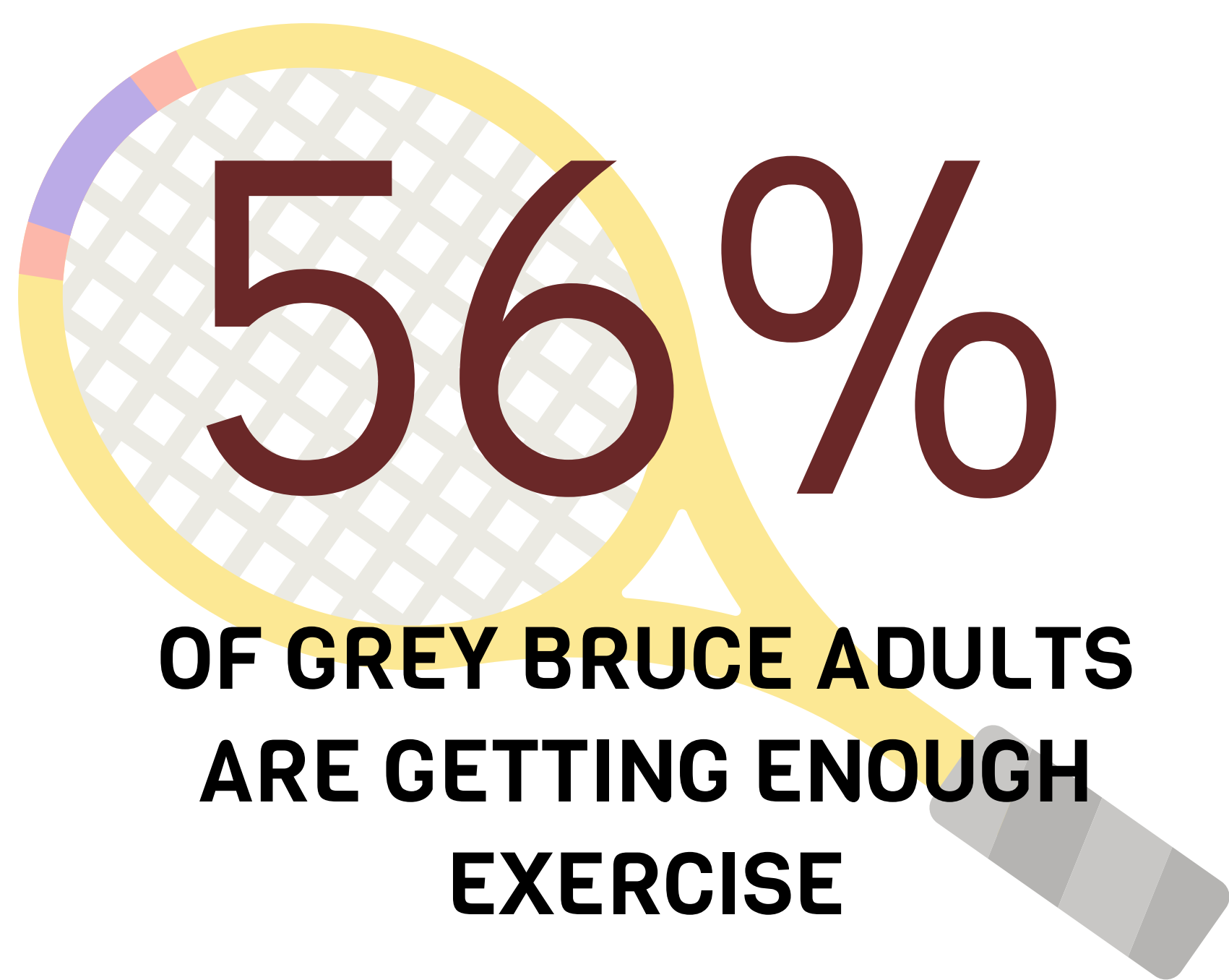
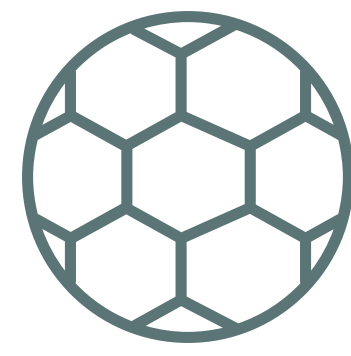
ADULT PHYSICAL ACTIVITY

HOW MUCH EXERCISE DO ADULTS NEED?

Canadian physical activity guidelines recommend adults get at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more

150

minutes per week



LOCAL PHYSICAL ACTIVITY LEVELS SIMILAR TO ONTARIO

Overall, Grey Bruce residents and Ontarians are similarly likely to meet Canadian Physical Activity Guidelines during their leisure time.

Grey Bruce residents aged 35 to 49 are more likely to meet these guidelines than Ontarians in the same age category.

OLDER ADULTS LESS ACTIVE

Rates of meeting physical activity guidelines among Grey Bruce residents drop after age 50.

