

# The Physical Activity pill

“ If physical activity could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.” – Robert Butler, NIA



**Drug name:** Physical Activity  
– also referred to as walking, jogging, gardening, exercising, dancing, hand-biking, or any other type of movement at any intensity.



**Dosage:** Try to aim for around 20-30 minutes per day of moderately intense activity, or at least 75–150 minutes of vigorous-intensity activity p/w



**Frequency:** 5-7 days per week.  
The more physically active you are, the greater the health benefits you'll receive.  
Do the things you enjoy



**Side effects:** reduced breathlessness, increased strength, improved balance and co-ordination, reduced feelings of stress and anxiety

## **World Health Organisation on the role of Physical Activity:**

Regular physical activity is proven to help prevent and manage noncommunicable diseases, such as heart disease, stroke and diabetes. It also helps prevent hypertension (high blood pressure), can improve mental health, your overall quality of life and your well-being.