

Monday, 07 March 2011

Health and Social Wellbeing Improvement



This poster promotes the message that 30 minutes of moderate physical activity a day has substantial health benefits, and highlights the fact that you don't have to do 30 minutes all in one go.

Details

Format

A3 poster

Target group

General public

Downloads

Attachment

Size

[30 minutes a day poster.pdf](#) 478.26 KB

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