



30 minutes of physical activity a day is good for your health

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.

Published

07 March 2011

Last reviewed

20 June 2011

Details

Format

A3 poster

Target group

General public

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Attachment

Size

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

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