



# Physical activity infographics

A new tool has been distributed to GPs to help highlight the importance of physical activity. Consisting of three infographics covering the age groups 0-5 years, 5-18 years, and adults and older people, it is designed to encourage health professionals to talk to their patients about why it's important to be physically active. Each infographic highlights the benefits of physical activity and outlines the amount and type of activity that is recommended for that age group. Quantities of each infographic have also been distributed to the Trust health promotion resource centres.

The infographics are based on the physical activity guidelines presented in the document *Start active, stay active*, jointly produced by the four UK Chief Medical Officers. Links to this document and to PDFs of the three infographics are available in the section on physical activity here: <https://www.health-ni.gov.uk/articles/obesity-prevention>

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## Details

Format

A3 posters

Target group

Health professionals

## Tags

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