

Endurance exercise - From easy to hard

Older people soon huff and puff

Young people have to do a lot to huff and puff

Lots of huffing and puffing

Get really hot and sweaty



Some huffing and puffing

Get a bit hot and sweaty



No huffing and puffing



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Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote physical activity

Target group:

This resource is designed to be used by Australians adults & adolescents.

Notes:

This resource is designed to be printed A3 size and then laminated.

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