

How much exercise...

...should I do?

2-5 days
each week

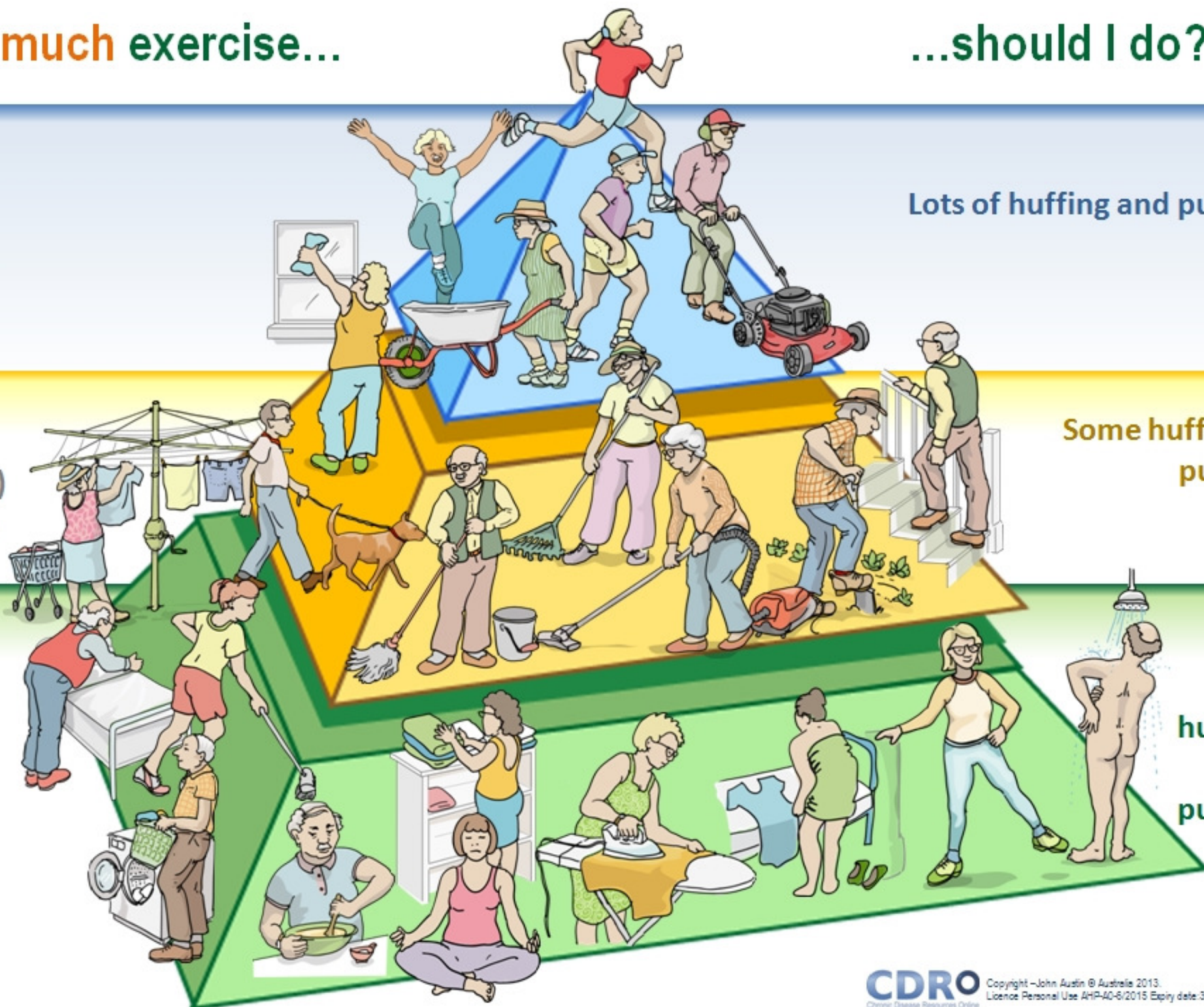
Lots of huffing and puffing

Daily
(Most Days)
30 minutes

Some huffing &
puffing

Every Day

No
huffing &
puffing



There is no need to print the following page when printing and using this resource

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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