

# 30 minutes of regular activity a day is good for your health!

Regular physical activity is vital for good health and experts recommend that we do at least 30 minutes of moderate activity on five or more days of the week. You don't even need to do 30 minutes of activity all at once - three 10 minute sessions or two 15 minute sessions are just as good!

For more information on getting active log on to: [www.getalifegetactive.com](http://www.getalifegetactive.com)