



Finding Thirty

‘Walking thirty minutes a day, 5 days per week reduces stress, cholesterol and blood pressure. As well as halving the risks associated with type 2 diabetes and heart disease’

If 30 minutes is too time consuming try 3 x 10 minute exercise blocks per day

Any amount of exercise is better than none!



The American College of Sports Medicine recommends thirty minutes of moderate intensity aerobic exercise five days per week. Plus performing resistance training exercises twice a week.



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