



**Date:** Tuesday 28 November 2017  
**Time:** 3.00pm  
**Meeting Room:** Devonport-Takapuna Local Board Chamber  
**Venue:** Takapuna Service Centre  
Level 3  
1 The Strand  
Takapuna

---

## **Devonport-Takapuna Local Board OPEN RECORD OF HEARING ATTACHMENTS**

---

<b>ITEM</b>	<b>TABLE OF CONTENTS</b>	<b>PAGE</b>
<b>12</b>	<b>Hearing of submissions on Auckland Council's proposal to grant a new community lease to the Takapuna Croquet Club Incorporated at Auburn Reserve, Auburn Takapuna.</b>	
	A. Physical Activity Infographic tabled by submitter 71 - Graham Vaughan	3



Physical\_activity\_infographic-page-001.jpg 10,208x14,318 pixels

28/11/17, 12:40 PM

## Physical activity benefits for adults and older adults

- + **BENEFITS HEALTH**
- Zz **IMPROVES SLEEP**
- 📏 **MAINTAINS HEALTHY WEIGHT**
- 🧘 **MANAGES STRESS**
- 😊 **IMPROVES QUALITY OF LIFE**

REDUCES YOUR CHANCE OF

Type II Diabetes	<b>-40%</b>
Cardiovascular Disease	<b>-35%</b>
Falls, Depression and Dementia	<b>-30%</b>
Joint and Back Pain	<b>-25%</b>
Cancers (Colon and Breast)	<b>-20%</b>

### What should you do?

For a healthy heart and mind

Be Active

To keep your muscles, bones and joints strong

Sit Less

To reduce your chance of falls

Build Strength

To reduce your chance of falls

Improve Balance

VIGOROUS		MODERATE		SITTING (To Reduce)		BUILD STRENGTH		IMPROVE BALANCE	
	RUN		WALK		TV		GYM		DANCE
	SPORT		CYCLE		SOFA		YOGA		TAI CHI
	STAIRS		SWIM		COMPUTER		CARRY BAGS		BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY  
(BREATHING FAST  
DIFFICULTY TALKING)

MODERATE INTENSITY  
(INCREASED BREATHING  
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2

DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

[http://patienttalk.org/wp-content/uploads/2016/08/Physical\\_activity\\_infographic-page-001.jpg](http://patienttalk.org/wp-content/uploads/2016/08/Physical_activity_infographic-page-001.jpg)

Page 1 of 2