

# Regular participation in physical activity can help to:

Reduce chronic disease risk

Prevent unhealthy weight gain

Enhance mental wellbeing

Provide opportunities for social connection

**For health benefits, adults should aim for at least 30 minutes, and children and young people should aim for at least 60 minutes of physical activity that gets their heart pumping every day.**

**MEN'S HEALTH**  
**WEEK 2023** June 12-18  
**HEALTHY HABITS**

For more information, visit  
**[health.gov.au/topics/physical-activity-and-exercise/](https://health.gov.au/topics/physical-activity-and-exercise/)**



**2023 INTERNATIONAL  
MEN'S HEALTH WEEK**  
#menshealthweek



**CENTRE FOR  
MALE HEALTH**

