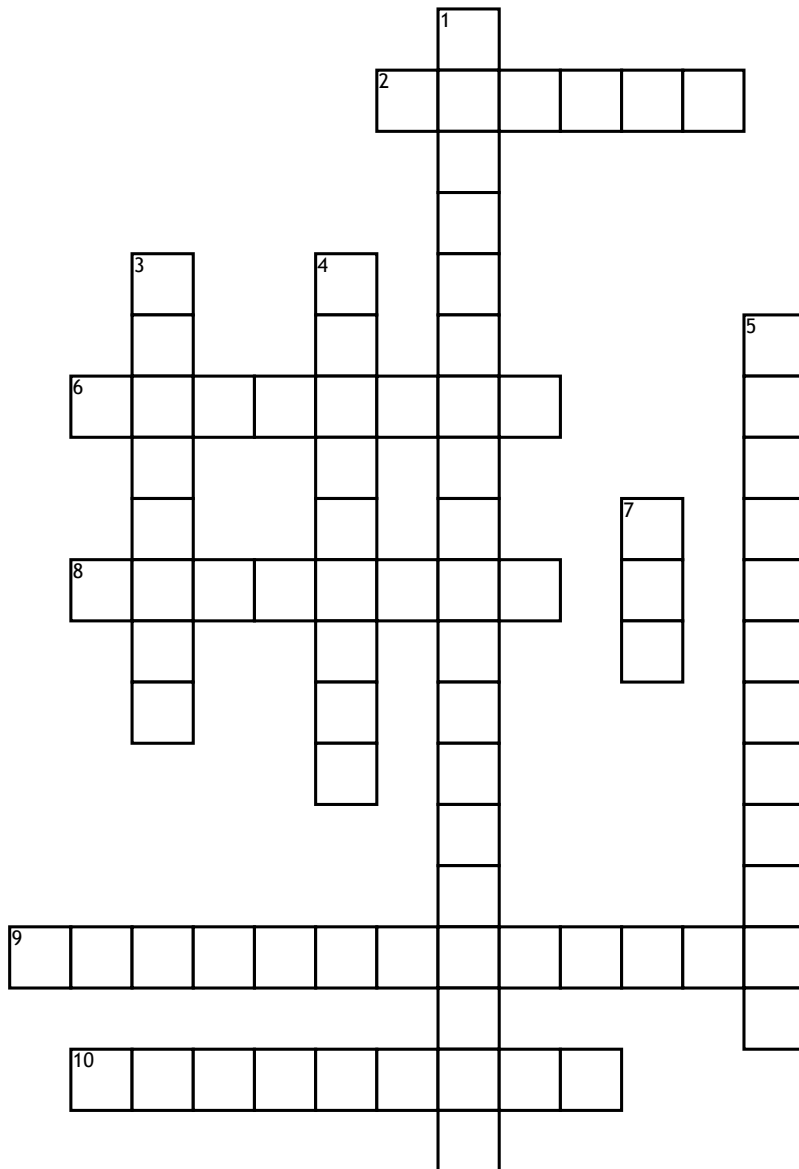


Physical Activity, Adults 30-64 years



Across

2. What community benefits do the cohort offer?
6. At what intensity should daily exercise be participated at?
8. What limitations apply to the cohort
9. what activities are suited to the cohort with joint/muscular pain (water based)
10. How many minutes a day does the NPAG suggest ?

Down

1. what Chronic physiological changes occur when PA levels are increased
3. what Community activities can the cohort participate in ?
4. what activities at home can the cohort participate in ?
5. Name a risk to the health of this cohort
7. how likely is a 50 year old person to be diagnosed with heart disease