

Monday, 07 March 2011

## [Health and Social Wellbeing Improvement](#)



This poster promotes the message that 30 minutes of moderate physical activity a day has substantial health benefits, and highlights the fact that you don't have to do 30 minutes all in one go.

## Details

Format

A3 poster

Target group

General public

## Downloads

**Attachment**

**Size**

[30 minutes a day poster.pdf](#) 478.26 KB

[Print](#)