

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

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Attachment

Size

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

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