

Tips to be more active

- ▲ Choose an activity you enjoy.
- ▲ Build physical activity into your everyday life – make it part of your routine!
- ▲ Walk, cycle or catch public transport when you can.
- ▲ Catch up with friends for yoga in the park, a nature walk or a dance class.
- ▲ Join the kids on the playground, and keep moving while spectating.
- ▲ Take the stairs instead of the lift or escalator.
- ▲ Use apps to track your activity and keep you motivated if that's your thing.
- ▲ Join a free Heart Foundation Walking Group or sign up for a free Personal Walking Plan. Visit walking.heartfoundation.org.au



Discover the social, mental and physical health rewards of moving more!

For more great tips and resources, including free exercise plans, visit livelighter.com.au



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Department of Health



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GETTING ACTIVE AND MOVING MORE



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LIVE

A LONGER,

HEALTHIER LIFE

We can all benefit from moving our bodies more!

Regardless of your age, weight, health, or abilities, doing some form of physical activity every day will help you stay well in body and mind. Here are a few of the benefits you'll enjoy:

- ▲ Better sleep, mood and energy levels.
- ▲ Better muscle and bone strength.
- ▲ Improved coordination and balance.
- ▲ Help to manage weight.
- ▲ Reduced risk of high blood pressure and unhealthy cholesterol levels.
- ▲ Reduced risk of heart disease, type 2 diabetes and some cancers (bowel, post-menopausal breast and endometrial cancers).

What can I do?

Aim to reduce your sitting time and include activities from across these three areas:

- 1 Activities that increase your heartrate**
Work up to at least 30 minutes of this kind of activity on most days. Try brisk walking, cycling, swimming, jogging, tennis, housework and gardening.
- 2 Activities that strengthen your muscles and bones**
This doesn't have to involve heavy weights; yoga, pilates, light weights, heel raises, sit-ups and carrying the kids or shopping also count. Aim for two sessions a week.
- 3 Activities that keep you flexible and help your balance**
Try to do some form of stretching every day. Tai chi, bowls, yoga, dancing, heel raises and side leg raises are all great for flexibility and balance.

Getting started

Even if it's been a while, any extra movement you can add into your day will make a difference. Start gently and gradually build it up as you get fitter and stronger.

Doing some is better than none, and more is better!

Make sure you choose an activity that feels right for your body:

- ▲ Swimming may be suitable because the buoyancy of the water supports your body. Many pools also have discounts for concession card holders!
- ▲ Cycling is easier on the knees than running.
- ▲ Watching work-out videos at home means you can set your own pace.

Medical considerations

If you have a chronic health condition, such as heart disease or diabetes, or have been inactive for some time, we suggest seeing your doctor before changing the amount or type of physical activity that you do. An Accredited Exercise Physiologist can also help you create an exercise program specialised to your needs.

