

MOVE YOUR BODY

AND GET ACTIVE



Sit less and get more exercise into your day including:

Activities that increase your heartrate



Walking



Running



Team sports



Cycling



Swimming



Housework

Activities that strengthen your muscles



Carrying kids or groceries



Yoga or pilates



Using weights



Body weight exercises



Rock climbing

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

WAYS TO GET MOVING



▲ Walk, ride or take public transport to work or school.



▲ Reduce screen time.



▲ Always take the stairs.



▲ Do some gardening.



▲ Be active with friends.



▲ Play at the park with your kids.

Partner:



Government of **Western Australia**
Department of **Health**

