

MOVING OUR BODIES AND GETTING ACTIVE



Benefits of physical activity:

- ▲ Improved sleep
- ▲ More energy
- ▲ Improving mood and mental health
- ▲ Finding fun and social connection
- ▲ Weight management
- ▲ Reducing the risk of heart disease, type 2 diabetes and some cancers

"When it comes to moving our bodies, some is better than none, and more is better!"

National guidelines recommend that adults aim to:

- ▲ **Move More:** Be active on all or most days.
- ▲ **Move Harder:** Do at least 30 min of moderate, 15 min of vigorous or an equivalent combination on most days. (Note: Moderate activity raises your heartrate but doesn't make you breathless, and vigorous activity makes you gasp for breath.)
- ▲ **Move Stronger:** Do muscle strengthening activities on at least 2 days each week.
- ▲ **Move Often:** Sit less and break up long periods of sitting as often as possible.

CREATIVE WAYS TO GET MOVING



- ▲ Get into **nature**



- ▲ **Play**



- ▲ Join a **social** team



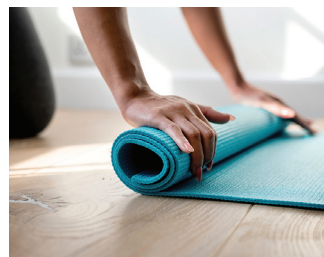
- ▲ Use **public transport**



- ▲ Choose the **stairs**



- ▲ Make **housework** active



- ▲ **Move** during TV time



- ▲ Quality **active time** with friends

MY MOVEMENT GOALS



MY MOTIVATION

E.g. to improve my fitness, to boost my mood, to challenge myself with something new

MOVE MORE

Choose an aerobic/ cardio activity like walking, jogging, swimming, active housework etc. Include time per session and days per week.

MOVE STRONGER

Choose a strength building activity like yoga, pilates, home or gym strength program etc. Include time per session and days per week.

MOVE OFTEN

Choose a strategy to break up sitting time, like stretching during TV ad breaks, setting a phone reminder or using a standing work desk.
