



Get MOVING!

Physical activity is one of the best things you can do for both your physical and mental wellbeing

Regular physical activity can prevent and manage many conditions including type 2 diabetes, heart disease, stroke and some cancers. It even helps with reducing your levels of stress and improves your mood. By doing regular physical activity you are also reducing your risk of injury by strengthening your muscles, bones and joints.

What does physical activity look like?

Being physically active doesn't just mean going to the gym or playing sports, rather it is any movement of your body which requires effort. This can include your structured exercise as well as movement you do for leisure, work and household chores. Doing any physical activity is better than doing none, so start off by doing a little and gradually build up to the recommended amount.

How much is recommended?

- Accumulate 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity each week.
- Do muscle strengthening activities on at least 2 days each week.
- Be active on most, preferably all, days every week.
- Speak to your GP or an exercise professional before commencing if you are new to exercise.

Moderate Intensity Activities require some effort, but you can still talk while doing them
e.g. golf, dancing, walking.

Vigorous Intensity Activities are activities that make you breathe harder and faster (“huff and puff”)
e.g. fast cycling, organised sports, jogging.

How to be more active... starting today!



Park further away when at the shops or get off bus a stop earlier



Walk to local shops/ restaurants



Walk and talk



Set goals e.g. 10,000 steps a day or walking for 10 minutes during your lunch break.



Make a commitment to a friend to be more active. Being accountable to someone can help!

It all adds up, moving more and sitting less every day can make a difference to your health.

I need some help to get me started!

Getting started can look like an intimidating challenge. The good news is that there is a great service that can help you get started. The *Get Healthy Information and Coaching Service*® is a FREE and confidential phone based service. You will have your own university qualified health coach to help you to:



Eat healthily



Get active



Drink less alcohol



Reach a healthy weight



Achieve a healthy weight gain in pregnancy

