

BE ACTIVE EVERYDAY & SIT LESS

Along with healthy eating, being active and sitting less is an important part of maintaining a healthy weight.

Be Active Everyday

Just 30 minutes of moderate-intensity physical activity (an activity that is energetic and raises your heart rate but doesn't make you too breathless, such as fast walking) on most or all days of the week is needed for good health.

In addition to planned activity, find everyday physical activities that you can fit into a busy day.

Try to:



Here are some tips on how to get started:

- Choose an activity that you enjoy
- Set small and achievable physical activity goals
- Reward yourself when you reach your goals e.g. massage
- Be active with friends or family by making a regular time to meet to go walking or take part in other activities
- Make physical activity part of your day – set your alarm for 30 minutes earlier each morning or use your lunch break to go for a walk

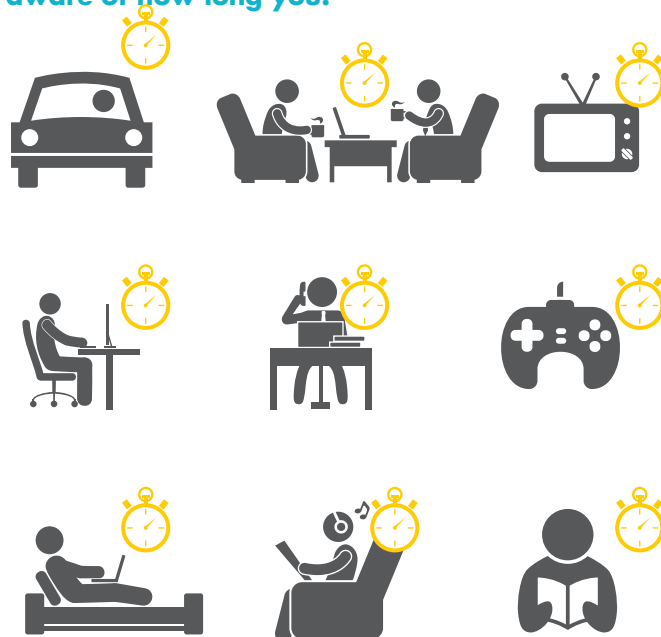
Sit Less

Research shows that high levels of sedentary time can lead to health problems. Sedentary time is the time we spend sitting, or not moving very much.

High levels of sedentary time is linked to poor health, increased risk of health problems (e.g. type 2 diabetes and heart disease).

Sedentary behaviour is not the same as a lack of physical activity. People who do enough physical activity each day may still spend a lot of time sitting for too long.

Be aware of how long you:



More technology often leads to more sedentary time. Set yourself a goal of a maximum amount of 'screen time' for leisure each day.