



Have you got a presentation coming up?

This kit contains the info and tools to help you deliver a presentation on how to **Get Active!**



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## SPEAKERS' KIT OVERVIEW

The aim of the LiveLighter<sup>®</sup> Speakers' Kits is to:

- Provide you with a pre-prepared presentation on a key health topic
- Equip you with information to confidently deliver an evidence-based health presentation
- Recommend suitable resources

In total, there are five speakers' kits:

- Avoid sugary drinks
- Top tips to LiveLighter<sup>®</sup>
- Junk food
- Eat Brighter LiveLighter<sup>®</sup>
- **Get Active**

### What's in each speakers' kit?

- A topic-specific PowerPoint presentation
- This background information sheet (not designed as a hand-out)
- Evaluation tools for the presenter and participant

### How to use the kits:

1. Read this background information sheet. You may also find it beneficial to add notes to your slides to complement your presentation.
2. Familiarise yourself with the presentation slides and accompanying notes. The presentations are a guide only so feel free to add or remove sections to suit your target audience. However, please do not change the content itself.
3. Visit the LiveLighter<sup>®</sup> website for further information and suitable resources
4. Following your presentation, please complete the *presenter evaluation form* and send this, in addition to completed *participation evaluation forms*, to [info@livelighter.com.au](mailto:info@livelighter.com.au)

### Who are the presentations targeted at?

As LiveLighter<sup>®</sup> is an adult-focused program, each presentation is aimed at audiences aged 25-64 years. While the presentations have been designed for groups, they can also be used during client consultations and for staff professional development.

### Who can deliver the presentation?

The presentations are designed to be delivered by a health professional. They may also be used by a student or volunteer with your organisation/company.

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## RECOMMENDED LIVELIGHTER<sup>®</sup> RESOURCES

- *Calculator*
  - [Physical activity calculator](#)
- *Factsheets*
  - [Be active everyday \(easy read\)](#)
  - [Be active everyday and sit less](#)
  - [Physical activity infographic](#)
  - [Physical activity wallet card](#)
- *Workout programs*
  - [Home workout beginner](#)
  - [Home workout intermediate](#)
  - [Home workout advanced](#)
  - [3 minute workout plan](#)
  - [Couch to 3km walk](#)
  - [Couch to 3km run](#)
  - [Interval walking workout beginner](#)
  - [Interval walk/run workout intermediate](#)
- *Posters*
  - [Stairs/escalator poster](#)
  - [Walk to the shops poster](#)

### Other suggested resources:

- [Australian Government Physical Activity and Sedentary Behaviour Guidelines](#)
- [Healthier. Happier Queensland](#)
- [Be Upstanding](#)

## ORDERING LIVELIGHTER<sup>®</sup> RESOURCES

LiveLighter<sup>®</sup> resources and merchandise can be ordered for free within WA using the following link: <https://livelighter.com.au/order/Resources>

## PRINTING PRESENTATION SLIDES WITH SPEAKERS' NOTES

You may find it useful to print off the PowerPoint presentation with the speakers' notes included. If you are unsure of how to do this, please follow the steps included in this link: <https://bit.ly/2kBDkud>

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## GET ACTIVE IMPORTANT INFO

### Key messages of this presentation

- Being physically active is beneficial for your physical and mental health.
- Aim to do aerobic exercise and strength training exercises, and to reduce and break up your sitting time.
- Doing some physical activity is better than none, and more is better.

### How physically active are Australian adults?

Only half (55%) of Australian adults aged 18-64 years meet the minimum moderate or vigorous-intensity physical activity guidelines for good health while 70% do no strength-based exercise. Only 15% of Australian adults do the recommended amount of both strength and moderate or vigorous-intensity physical activity.

An estimated 74% of older Australians do not get the recommended 30 minutes of moderate or vigorous-intensity physical activity on at least 5 days a week.

### Why is it important to be physically active?

Being physically active helps to:

- Build fitness and protects against many of the effects of aging
- Improve mental health and mood
- Maintain a healthy weight
- Sleep better
- Maintain a healthy blood pressure
- Reduce the risk of chronic diseases including heart disease, type 2 diabetes and some cancers
- Manage chronic diseases

### What does LiveLighter<sup>®</sup> recommend that people do?

Our key message for the Australian public is that doing some physical activity is better than none, and more is better.

More specifically, LiveLighter<sup>®</sup> is encouraging Australians to:

- **Move More:** Be active on most, preferably all, days each week
- **Move Harder:** Do 30-60 minutes moderate or 15-30 minutes vigorous activity (or an equivalent combination of both) on most days
- **Move Stronger:** Do muscle strengthening activities on at least 2 days each week
- **Move Often:** Minimise the amount of time spent sitting and break up sitting as often as possible

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## **If you're a healthy weight, do you still need to exercise?**

Yes, body weight and physical activity are separate risk factors. While being physically active plays a role in maintaining a healthy weight, exercise provides many other health benefits such as reducing your risk of heart disease, type 2 diabetes and some cancers.

## **If you work out can you eat whatever you want?**

You can't outrun a bad diet.

How much energy (kilojoules) your body needs each day depends on how physically active you are as well as other things such as age, gender and height. People who do more exercise will generally have higher energy needs. However, junk foods and sugary drinks are very energy dense (meaning they contain a lot of kilojoules per gram) and you often cannot fit enough exercise in the day to burn off the extra energy in large volumes of junk food. A fast food burger, chips and drink can be nearly 6000 kJ – that's equivalent to 2 hours' worth of running! Many people *overestimate* how many kilojoules are used during exercise and *underestimate* how many kilojoules are in their favourite treats.

Doing a lot of exercise also means that your body needs additional nutrients like vitamins, minerals and fibre. To make sure your body is getting the nutrients and energy it needs to stay healthy and perform during exercise, eating more servings from the five core food groups for energy is recommended, rather than consuming your extra energy requirements from junk food.

## **Does being physically active mean playing sport?**

While playing a team sport is one way to be active, there are lots of other ways to get more movement into your day. Physical activity includes just about any movement that results in energy expenditure. This includes:

- Deliberate exercise or sports (e.g. running, playing football or going to the gym)
- Incidental activity (e.g. playing with kids, hanging out the washing, walking to the bus)
- Work-related activity (e.g. climbing a ladder, lifting boxes)

## **What is sedentary time?**

Sedentary time is time spent sitting or lying down (not including sleeping) that does not require a high expenditure of energy. Examples include using the computer, playing video games, reading or watching TV.

## **How much physical activity do you need to do to lose weight?**

The amount of physical activity you need to do to lose weight is likely to be higher than the minimum amount recommended for general health. The actual amount you need will depend on factors such as your current weight, height, age, gender and food intake.

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If you don't currently do much exercise, start slowly and gradually build up over time to the recommended levels. It may take some trial and error to find the amount of exercise that works for you in terms of being sustainable and helping you to reach your weight loss goals.

Exercising more is quite a poor way to lose weight. In the vast majority of cases, it should be combined with dietary modifications. Either way, being more active is valuable.

### **How to get started with physical activity**

While it may seem hard to get started, becoming more active can help you feel better both physically and mentally. Here's some tips:

- Anything is better than nothing! Start slowly and gradually increase the time and intensity as your fitness improves. It can be rewarding to watch your fitness improve, and this can motivate you to continue.
- Choose an activity that feels comfortable.
  - Swimming may be suitable because the buoyancy of the water supports your body
  - Cycling is easier on the knees than running
  - Watching work-out videos at home means you can set your own pace
- Don't push yourself too hard. If an activity hurts, decrease the intensity or stop altogether. It's ok for it to be a bit uncomfortable, but pain is a sign that there is something wrong. Going too hard can also make exercise seem like a chore which won't help you keep it up in the long term.

### **How to find time to be physically active**

We all know life gets busy, so it's no surprise that lack of time is the most common barrier to being physically active. If you're struggling to fit workouts into your week, consider the following ideas:

- Make it a priority and schedule it into your day.
- Try to incorporate physical activity into your daily life, such as by taking active transport to work or school, do stretches or use a stationary bike while watching TV, and always using the stairs instead of the lift or elevator.
- Plan social activities that involve movement. Instead of watching a movie or sitting at a cafe, organise to go for a walk or ride, fly a kite, go to the park or zoo, or have a swim at the beach.
- Reduce screen time. Put down your tablet and instead take a walk around the block or kick a footy with the family.

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