

## MOVE YOUR BODY AND GET ACTIVE



### Being physically active can help you:

- ▲ Get fitter
- ▲ Sleep better
- ▲ Manage your weight
- ▲ Improve your mood and energy levels
- ▲ Reduce your risk of heart disease, type 2 diabetes and some cancers

### How much physical activity should I do?

Doing some is better than none, and more is better! If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

National guidelines recommend that adults aim to:

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

### CREATIVE WAYS TO GET MOVING



- ▲ Get into **nature** for a walk.



- ▲ **Bounce** on the trampoline with your kids.



- ▲ Always take the **stairs** instead of the lift or escalators.



- ▲ Get your house in order with **active housework** like gardening or mopping.



- ▲ Make it **social** by joining a sports team.



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



- ▲ Do light **stretches** or **yoga** when watching TV.



- ▲ **Catch up** with friends for a dance class or walk instead of a coffee.

Partner:



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



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## My exercise goals

### MOVE MORE

Examples - walking, jogging, swimming, active housework, ride to work, lawn bowls.

Choose a type of aerobic/cardio activity, number of days per week and number of minutes per session.

My goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MOVE STRONGER

Examples - yoga, pilates, home strength workout program, gym strength workout program.

Choose a type of strength building activity, number of days per week and number of minutes per session.

My goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MOVE OFTEN

Examples - stretch in front of TV, standing desk at work, phone reminder to get up each hour.

Choose to limit screen time, sit less or break up sitting time, and say what strategies you will use to achieve this.

My goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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