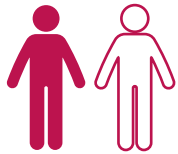


# FACTS ABOUT PHYSICAL ACTIVITY



## 1 IN 2

Australians do enough moderate or vigorous intensity physical activity for good health.

## MOVEMENT IS THE BEST MEDICINE

Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.



For good health, each week aim for:

**2h30min-5h**

of moderate physical activity; or

**1h15min-2h30min**

of vigorous physical activity;

**OR** an equivalent combination of both.

The more intense your activity, the greater the benefits!

To stay healthy, do strength exercises on at least

**2 DAYS EACH WEEK**

Calf raises, squats, push-ups, yoga, pilates and weights all count.



**SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!**



## BOUNCE, PASS AND THROW!

People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.

## GET MOVING AFTER MEALS

Doing light-intensity activity like walking after you eat improves blood sugar control.



## WATCHING OVER 5 HOURS OF TV EACH DAY

is linked to weight gain and higher body fat, even if you are doing moderate exercise.



**SIT LESS 44%**



of Australian adults spend most of their day sitting.

Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible!



## GET ON THE HEALTH TRAIN

Using public transport can boost your physical activity level by around **12 to 15 minutes per day**, which is almost half way to meeting the minimum level recommended for good health!

For more information, visit [www.livellighter.com.au](http://www.livellighter.com.au)

## DID YOU KNOW?

Climbing stairs is a similar intensity to cycling or jogging, which uses around eight times the amount of energy the body uses when resting.

