

# Physical Activity

Just 30 minutes or more of moderate physical activity on most days or daily will improve your health.

## **Physical activity has many benefits to your health, including:**

- ♥ Lowering your blood pressure
- ♥ Improving your cholesterol levels
- ♥ Helping you lose weight and maintain a healthy weight
- ♥ Controlling your blood sugar levels
- ♥ Reducing your risk of developing Type 2 diabetes
- ♥ Helping you sleep better and feel less stressed
- ♥ And it's fun!!

## **How can I increase my physical activity?**

You can start with small amounts of continuous activity, for example 10-15 minutes or more, two or three times per day. Gradually increase this to 30 minutes of continuous activity. Aim to build some physical activity into your day so that it becomes an everyday habit.

A good way to start regular exercise is to include some extra physical activity into your normal day-to-day routine:

- ♥ Get off the bus one stop earlier than usual
- ♥ Park a block away from work and walk
- ♥ Go for a walk at lunch time.



# Physical Activity

This table gives examples of various levels of physical activity. Start off with 'light' physical activity and progress to 30 minutes or more of 'moderate' activity daily. For increased health benefits occasionally include some 'vigorous' activity.

LIGHT PHYSICAL ACTIVITY	MODERATE PHYSICAL ACTIVITY	VIGOROUS PHYSICAL ACTIVITY
leisurely walk on the flat	brisk walking	walking very briskly /brisk walk uphill
slow stationary cycling	golf - wheeling or carrying clubs	moderate cycling
fishing	lawn bowls	jogging/running
indoor bowls	gentle water aerobics	swimming
watering the garden	line dancing	tramping
ironing	playing cricket	playing netball
playing pool	mowing the lawn & gardening	playing singles tennis
playing musical instruments	vacuuming	step aerobics
slow ballroom dancing	croquet	circuit weight training

Your doctor can help you decide on some suitable activities. Ask your doctor for a Green Prescription or phone 0800 ACTIVE to chat to someone about your physical activity plan. **Remember, any physical activity is better than none.**

If you are already active, then perhaps now is a good time to increase your physical activity levels:

♥ Join a sports club   ♥ Try a new activity   ♥ Exercise more often.

**If you have a history of cardiovascular disease or have not exercised for many years, you should consult your doctor before undertaking vigorous activity.**