

THE



MINDSET

PHYSICAL ACTIVITY

Adults should do a range of physical activities rather than just one type, as different types of activities are good for health in different ways. For example, aerobic activities are good for the heart and lungs, and for reducing the risk of developing various non-communicable diseases. In contrast, resistance activities are good for strengthening muscles, increasing lean body mass and reducing the risk of falls.



Sit less, move more! Break up long periods of sitting

Why

Sitting for long periods during waking time increases the risk of poor general health, and a range of health conditions, irrespective of regular physical activity.



Do at least 150 minutes of moderate-intensity physical activity spread throughout the week

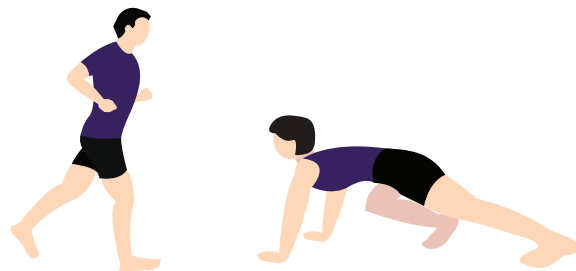
Why

Spreading physical activity across the week has the greatest health benefits.

Any physical activity that raises the heart rate slightly and makes breathing harder than normal is good for health, no matter what a person's level of fitness is to begin with.

For example, walking is a great physical activity for most adults. It increases fitness, costs little to nothing, is low impact on the joints and has a low injury rate, it can be done almost anywhere and does not require special equipment.

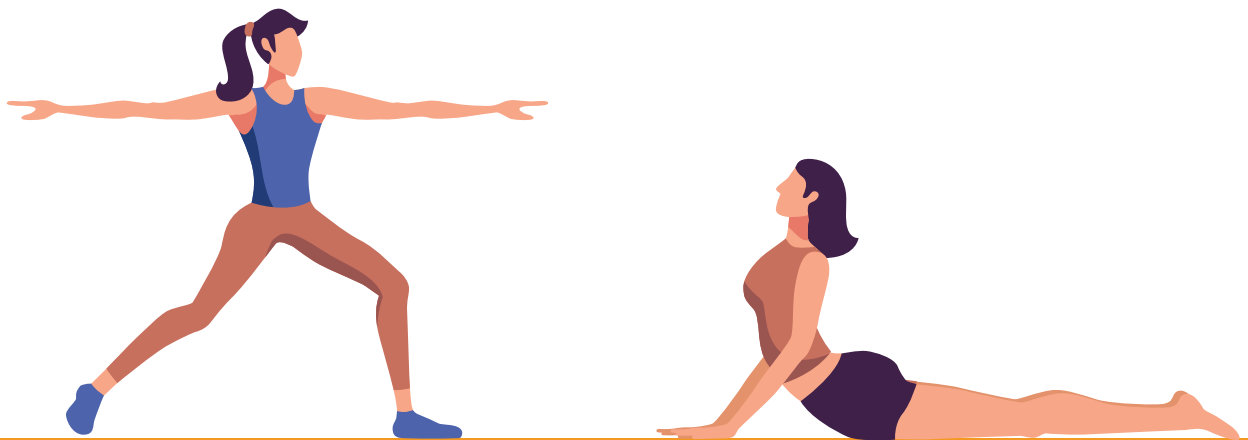
For extra health benefits, aim for 5 hours of moderate or 2.5 hours of vigorous physical activity spread throughout the week.



Do muscle strengthening activities at least two days a week

Why

Regular muscle strengthening and weight bearing activities help to reduce the risk of developing metabolic syndrome, pre-diabetes, osteoporosis and osteoarthritis and regular muscle strengthening and weight bearing activities help to reduce the risk of developing metabolic syndrome, pre-diabetes, osteoporosis and osteoarthritis. It also decreases the risk of falls and fractures.



What about people with other health conditions?

People with health conditions such as morbid obesity or heart conditions should check with a health practitioner or physical activity specialist to identify appropriate activities for them.

GUIDELINE	REDUCES THE RISK OF									
	CERTAIN CANCERS	TYPE 2 DIABETES	OVERWEIGHT AND OBESITY	HEART DISEASE	LUNG DISEASE	FALLS	EARLY DEATH	POOR MENTAL HEALTH	WEAK MUSCLES	BRITTLE BONES
Sit less, move more! Break up long periods of sitting		●	●							
Do at least 2.5 hours or 1.25 hours of vigorous physical activity spread throughout the week	●	●	●	●	●		●			
For extra health benefits, aim for 5 hours of moderate or 2.5 hours of vigorous physical activity spread throughout the week	●	●	●	●	●		●	●		
Do muscle strengthening activities on at least two days each week		●	●			●		●	●	●
Doing some physical activity is better than doing none	●	●	●	●	●		●			

HOW TO REDUCE SITTING TIME

1 At Work

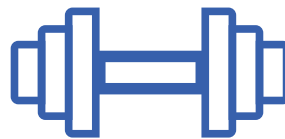
- Break up long periods of sitting by standing up to stretch regularly.
- Stand during meetings, when taking phone calls or when reading.
- Walk to talk to colleagues instead of calling, texting or emailing them.
- Take regular standing breaks from driving.
- Use a height adjustable table to change between standing and sitting.



HOW TO REDUCE SITTING TIME

2 Leisure

- Limit television, computer use or other seated activities when at home.
- During leisure time, turn off the TV/computer/other screen and go for a walk.
- Stand up and stretch when advertisement breaks come on TV.
- Stand up while checking emails, texting, or making phone calls.



HOW TO REDUCE SITTING TIME

3 If you have a physical disability

- Some people may not be able to stand due to their health condition, such as people who use wheelchairs or who have limited mobility.
- For these people, the focus should be on doing: > regular chair-based activities such as arm cranking
- Wheelchair circuits
- Wheeling with friends and wheelchair sports or programs such as 'Sit and Be Fit' or 'Chairobics'.

These activities increase the heart rate and breathing as well as strengthening muscles



TIPS FOR STAYING ACTIVE

1 Start slowly

When we become much more active than usual, the risk of injury goes up. If you're just getting into high-intensity aerobic exercise like running, it's important to pace yourself and not overdo it.



2 Add variety

With consistent training the body will adapt to a particular exercise, which is why it is important to vary the routine. This will also help you stay motivated.



TIPS FOR STAYING ACTIVE

3 Fuel your body

What you eat and drink is just as important as when and how much you eat and drink. Eating more calories than you burn will increase body weight, but consuming too few calories will likely cause you to feel tired and perform poorly.



4 Stay hydrated

This means drinking enough water/fluids before, during and after exercising. Experts generally recommend drinking about six-eight cups (1.5-2L) of water throughout the day.



WARM UP AND COOL DOWN

Every workout should begin with a warm up and end with a cool down. The warm up is necessary to prepare the body for exercise by increasing heart rate and blood flow to working muscles. Time spent performing five to 10 minutes of low intensity cardio activity followed by stretching immediately after the workout will decrease muscle soreness and aid in recovery, both helping to prepare the body for the next workout.

