

Consult your doctor before commencing physical activity, particularly if you have been inactive, have heart disease or close relatives with heart disease, are pregnant or have other major health problems.

# Easy ways to be more active

Your body is designed to move and regular physical activity is good for your heart. It is never too late to start being active. Adults need at least 30 minutes of moderate-intensity activity each day, which can be broken down into sessions of at least 10 minutes. Children and teenagers need at least 60 minutes of moderate-intensity activity each day.

Start out slowly, 10 minutes of activity is a good start, then build up to 3 x 10 minutes.

If you are rushed for time get up 10 minutes earlier to do some activity, then do 10 minutes at lunch, and then 10 minutes before dinner.

Put the remote control for the TV away and get up and change the channel yourself.

When the advertisements are on TV, or you're waiting for the kettle to boil do some stretching and toning exercises or walk around.

Put some fun music on while you do the housework.

Get out in the garden or mow the lawn.

Leave your car at home for short trips like the school run and to the shops, take a bike or walk there instead.

Park further away from the shops so you walk further when you go to the shopping centre.

Go to the pool or beach and walk in the shallow water.

Join a walking group or an aqua aerobics class.

Always keep a pair of walking shoes handy in the car.

Buy or borrow a bike and start cycling, keep a bike at work and ride in your lunch hour.

Buy the kids toys which encourage physical activity – bats, balls, skipping ropes, kites, hoops, bikes etc.

Join an exercise class, resistance exercise is great for restoring and keeping muscle tone and stronger bones.

Borrow a pedometer from the library to see how active you are.

Be a good role model for your kids so they learn good habits when they are young.

Find ways to be an active family, bike ride together, go bushwalking or walking on the beach, play games like cricket, bowls, basketball with your children at the park or at home.

Reward yourself once you have reached your goal, treat yourself to something that reminds you what a good job you've done and encourages you to continue. Make it something that helps feed your spirit, avoid food or an expensive purchase.

Remember if it hurts don't do it. You need to work around pain not through it.

Don't quit, make exercise part of your daily life just like brushing your teeth.

**TAKE CHARGE OF YOUR HEALTH & BE ACTIVE EVERY DAY**