

## Physical activity tips (5) - find time

You may feel that every day is a juggling act. Trying to fit in work, family, a social life ... and now exercise. If you make your health a priority, you'll find time for at least 30 minutes of physical activity every day.

### **A question of priorities**

You know the health benefits of physical activity. If you want to look good, feel good, drop some of that excess weight, increase your energy levels, and feel relaxed and happy – then you need to make yourself and exercise a top priority.

### **It doesn't have to take a lot of time**

You don't have to find hours each day to exercise. With just 30 minutes of moderate intensity activity each day, you'll notice the benefits. And that 30 minutes can be broken into 10-minute chunks. Take a walk at lunchtime, to the station or the local shop, or to pick up the kids from school.

### **Turn everyday things into active time**

Make the tasks in your day more active. Take the stairs. Cycle to the shops. Work up a housework sweat! Make time with the kids active time – play in the park or backyard.

### **Puff a little**

When you're being active, amp it up! Turn the light activity – such as housework, gardening or walking the dog – into moderate intensity activity. This means activity that increases your heart rate and breathing. A good example is walking at a pace where you can talk but not sing – which is probably just as well for most of us!

### **Puff a lot**

People who participate in regular vigorous activity enjoy extra health and fitness benefits. 'Vigorous' activity makes you 'huff and puff' and can come from playing sport, doing aerobics, speed walking or jogging. So if you're getting used to the moderate intensity activity, make it vigorous – walk faster and further, jog, get competitive!

### **Make a plan**

Make plans, put exercise dates in your diary, keep a schedule on your fridge, set daily reminders on your phone or computer – whatever makes you see activity as a 'must do', not a 'must do another day'.

### **Where to get help**

- Talk to your doctor
- Your local community health centre
- Check out the tips on the be active website
- 'Go for your life' Infoline service Tel. 1300 73 98 99

### **Things to remember**

- If you want to enjoy the benefits of regular physical activity, you need to make yourself and exercise a top priority.
- Just 30 minutes of moderate intensity activity each day will bring health benefits.
- Make your everyday tasks more active – take the stairs, work up a housework sweat, play with the kids.

**This page has been produced in consultation with, and approved by:**

Kinect Australia (inc VICFIT in Victoria)

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