

Physical activity tips (8) - have fun

Fitness and physical activity should be fun. If you're enjoying activity, you'll have no trouble sticking to your plans. Planning can ensure that activity doesn't become a nuisance or a chore.

Tips to make activity enjoyable

There are lots of ways to make it an enjoyable time. Try to:

- See it as an opportunity not a chore.
- Make it a social activity – exercise with a friend or make some new friends through a class or club.
- Include a mix of activities to prevent boredom and work those muscles you didn't even know you had!
- Do it with the family. Get on your bikes and cycle to the park or have a family game of tennis.
- Set yourself a challenge by trying a new activity or entering a community fun run.
- Increase activity time and intensity gradually. If you push too hard or too fast, you may burn out. Consider getting advice from an appropriately qualified health professional or personal trainer or from your gym or sports club.
- Try not to be impatient – the results will come. Taking shortcuts will defeat your efforts.

Think local

Being active will be more fun if it's convenient.

Get involved in your neighbourhood. Your local community probably has lots of opportunities to be active – from leisure centres and sports clubs to parks, trails, swimming pools and classes. Here are a few ideas:

- **Head for the great outdoors** – go for a walk in a local park, find your nearest walking or bike trail, pack a picnic or go bushwalking.
- **Join a club** – get involved in organised sport, join an exercise group or sign up at the gym. Being active in a group or team can be lots of fun.
- **Take a class** – ever thought about tai chi, aerobics, Pilates or belly dancing?
- **Hit the water** – take a dip in the local pool or head to the river or beach.
- **Get involved** – volunteer in the community and participate in local events.

In Victoria, the most popular activity is walking – around 60 per cent of Victorians enjoy three or more walks every week. Swimming, golf, cycling, tennis, netball and bushwalking are also favourites.

Where to get help

- Check out the tips on www.activeforlife.com.au and www.beactive.com.au
- 'Go for your life' Infoline service Tel. 1300 73 98 99

Things to remember

- If getting fit is fun, you'll find it easy to stick to your plans.
- Think positive – exercise is an opportunity not a chore.
- Make it fun – do it with others, add variety, set challenges, join a team or club.

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

Kinect Australia (inc VICFIT in Victoria)

Content on this website is provided for education and information purposes only. Information about a therapy, service, product or treatment does not imply endorsement and is not intended to replace advice from your qualified health professional. Content has been prepared for Victorian residence and wider Australian audiences, and was accurate at the time of publication. Readers should note that over time currency and completeness of the information may change. All users are urged to always seek advice from a qualified health care professional for diagnosis and answers to their medical questions.

For the latest updates and more information, visit www.betterhealth.vic.gov.au

Copyright © 1999/2011 State of Victoria. Reproduced from the Better Health Channel (www.betterhealth.vic.gov.au) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.