Exercise safety
Summary

- Training too hard or fast is a common cause of sports-related injuries.
- Consult with your gym instructor, coach, sporting association, exercise physiologist or physiotherapist for instruction on how to exercise safely.
- Potentially harmful exercises include bouncing while stretching, standing toe-touches, full squats, straight-legged sit-ups and double leg raises.
- Wear appropriate protective gear and make sure your sporting equipment (including shoes) is well maintained.
- Stop exercise immediately if you are injured and seek medical advice before starting exercise again.

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking lots of water
- warming up and stretching properly.

Exercise safety advice

You can obtain information and advice about exercise safety from your doctor, a sports medicine doctor, physiotherapist or an exercise physiologist – or see a sporting association about correct sporting technique and equipment.

Guidelines for exercise safety

Some guidelines for general exercise safety include:

- Use pre-exercise screening to identify whether you are at a higher risk of experiencing a health problem during physical activity. This is a filter or ‘safety net’ to help decide if the potential benefits of exercise outweigh the risks for you. Ensure you read through pre-exercise self-screening tool before you embark on a physical activity or exercise program.
- When deciding if any exercise is safe, you need to consider the technique used as well as your individual condition, such as injury history and fitness level.
- Be guided by a qualified fitness instructor. If you have a pre-existing injury or medical condition, consult a sports medicine doctor, exercise physiologist or physiotherapist.
- There are many changes during pregnancy, such as changes in body shape and size, that pose potential risk of increased injury. It is essential that all pregnant women discuss their exercise plans with their doctor, as each pregnancy is different.
- Be aware that increasing the speed of any exercise can increase the risk of injury.
- Avoid or modify any exercise that causes you pain or discomfort. Don’t ignore your body’s signals of fatigue, discomfort and pain.
- Cross-train with other sports and exercises to reduce the risk of over training.
- Make sure you have at least one recovery day, preferably two, every week.
- Remember that injuries need rest – trying to ‘work through’ the pain will cause more damage to soft muscle tissue and delay healing.

When to stop exercising immediately

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- extreme breathlessness
- a very rapid or irregular heartbeat during exercise.

Exercises that could be harmful

Some exercises that involve fast or repetitive twisting, or long-lasting or held movements are best avoided because they can cause damage to bones and muscles. When deciding if any exercise is safe, you need to consider the technique and the load, as well as your personal circumstances, such as any previous injuries and your fitness level.

**Bouncing while stretching**

It is mistakenly believed that ‘bouncing’ as you stretch (ballistic stretching) helps muscles to stretch further. Sudden overstretching stimulates the stretch reflex causing the muscles to contract even tighter in an attempt to prevent injury. Bouncing is counterproductive as it can cause small tears to the muscle tissue, which are experienced as
Instead of “bouncing, try:

- concentrating on slow, sustained stretches
- holding the stretch for 10 to 20 seconds
- once the muscle feels comfortable, gently increasing the stretch and then holding again.

**Standing toe-touches**

Avoid standing toe-touches altogether. Bending down to touch the toes, with straight legs, can overstretcher the lower back muscles and hamstrings, and stress the vertebrae, discs and muscles of the lower back and hamstrings. Adding a twisting movement to the toe-touch can cause damage to the joints.

Alternative stretches for the abdominal muscles or the lower back muscles and hamstrings include:

- Stretch the hamstrings and lower back muscles by placing one foot on a low bench or chair, with both legs slightly bent so as not to stress the knee joints and, keeping your back straight, gently reach forward with your arms.
- An alternative hamstring stretch involves lying on your back with both knees bent. Straighten one leg by lifting it towards the ceiling, keeping the knee slightly bent. Support this leg by clasping both hands behind the knee. Hold. Repeat for the other leg. You should feel the stretch on the back thigh of the straight leg.
- For an alternative lower-back stretch, sit cross-legged on the floor then slowly lean forward, keeping your back straight while reaching your arms out to the floor. Hold.

**Deep (full) squat**

Full squats push the knee joint past 90 degrees. Whether they are done with or without weights (a barbell or a weight held across the shoulders or in the hands) this can strain the ligaments, cartilage and muscle of the knee joint and lower back, and create problems with the tracking (movement) of the kneecap.

Alternative suggestions include:

- Perform half-squats instead (45-degree bend of the knee).
- Use a mirror to check when your knee joint is at 90 degrees. You could also ask someone else to watch you or seek instruction from a qualified fitness professional.

**Sit-ups**

Two common but potentially harmful variations of the sit-up include anchoring the feet (where your training partner holds your feet) or keeping the legs straight along the floor. The hands are held behind the head or neck, and the upper body lifted. These types of sit-ups strain the lower back and tend to target the muscles of the hips and thighs rather than the abdomen. Avoid this style of sit-up altogether.

Instead, perform abdominal curls. Lie on your back with your knees bent, feet flat on the floor and arms folded across your chest or alongside your body. Breathe out and curl your ribcage towards your pelvis.

**Double leg raises**

Avoid double leg raises. This exercise involves lying on your back and raising both legs at the same time. This places enormous stress on the lower back. Another potentially harmful variation is to lie on your stomach and lift both legs at the same time. An alternative is to perform the exercise one leg at a time, making sure your hips remain stable throughout the movement. Keep the other leg bent, with your foot on the ground.

**Behind the neck press**

The ‘behind the neck press’ or ‘lat pulldown behind the neck’ should be avoided, especially if you have been told you have instability in the front of your shoulder.

**Stretching and exercise safety**

Stretching, warming up and cooling down were previously thought to aid injury prevention during exercise. However, there is not a lot of evidence that these activities are effective in reducing exercise injury risk.

There is some evidence that warming up and cooling down might help to reduce muscle soreness after exercise, even if they don’t prevent injuries. Careful stretching can be included as part of your overall warm-up and cool-down routine. Some people also find psychological benefits in stretching and warming up to put them in the right frame of mind for exercise or to help them relax after exercise.

**Warming up and exercise safety**

As the name suggests, your warm-up (five to 10 minutes) should gradually warm your muscles and body temperature. The type of activity done in the warm-up should include the major muscle groups that will be used in your sporting activity.

Your warm-up could begin with a low intensity activity such as brisk walking or jogging. Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective. It is also important to stretch after activity to assist recovery.

**Cooling down and exercise safety**

In the last five minutes of exercise, slow down gradually to a light jog or brisk walk, then finish off with five to 10 minutes of stretching (emphasise the major muscle groups you have used during your activity). This helps to reduce muscle soreness and stiffness.

**Water consumption and exercise safety**
You can lose around one and a half litres of fluid for every hour of exercise. One of the first symptoms of dehydration is fatigue, which causes a significant drop in sporting performance. It may also cause you to experience cramps, heat stress and heat stroke. Suggestions include:

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise.
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise.
- Drink at least 500 ml (2 cups) an hour before exercise.
- Drink at least 150 ml every 15 minutes during exercise.
- During exercise take advantage of all breaks in play to have a drink.
- After exercise, drink more to ensure you are fully rehydrated.

**Exercise safety in hot weather**

Exercising in hot weather puts additional strain on your body. Heat-related illnesses such as heatstroke and sunstroke occur when your body can't keep itself cool. Sweating isn't enough on its own to cool your body.

**Symptoms of heat-related illness can include:**

- irritability
- general discomfort
- weakness
- headache
- nausea
- cramps.

**Suggestions to avoid heat-related illnesses include:**

- Drink plenty of water before, during and after exercise.
- Wear lightweight, light-coloured, loose-fitting clothes.
- Protect yourself from the sun with clothing such as long-sleeved tops, full-length trousers, a hat and sunglasses or an umbrella.
- Exercise in the cooler parts of the day – preferably before dawn or after sunset.
- Reduce your exercise intensity. Take frequent breaks and drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids.
- Don’t drink alcohol, tea or coffee before or after exercising, as these beverages promote fluid loss.
- If you have travelled to a hotter climate, remember that it may take about 10 days of exercising before you fully acclimatise.

**Exercise safety in cold weather**

In cold weather, muscles are more susceptible to injuries. Safety suggestions include:

- Wear appropriate warm clothing. Multiple layers of clothing trap more body heat than one bulky layer.
- Devote more time to warming up and stretching before exercising and make sure you do a thorough cool-down.
- Keep up your fluid intake, since cold weather prompts fluid loss.
- Don’t forget sun protection – it is possible to be sunburnt even in cold weather, especially at high altitudes or on clear days.

**Exercise safety and your equipment**

Most sports and exercises rely on some type of equipment, such as shoes, bicycles or racquets. Protective equipment – such as mouthguards, shin pads and helmets – can significantly reduce the risk of injury by absorbing the impact of falls or collisions. Safety suggestions include:

- If your sporting equipment is handheld, make sure you are using the right grip – for example, holding a tennis racquet the wrong way can increase your risk of tennis elbow (tendinitis).
- Make sure your equipment is appropriate to your sport or activity and your size and age.
- Wear appropriate shoes for your sport and replace them before they wear out.
- Wear protective equipment during training, not just for competition and games.
- Check equipment regularly and replace if worn out. If you are unsure how to maintain or check your equipment, consult with your coach or sporting association.
- Injuries can also be caused by incorrect form or technique. Consult your gym instructor, coach, sporting association, exercise physiologist or physiotherapist for instruction on how to improve your sporting technique.

**Where to get help**

- Your doctor
- Sports medicine doctor
- Physiotherapist
- Sports association
- Exercise physiologist

**Things to remember**

- Training too hard or fast is a common cause of sports-related injuries.
- Consult with your gym instructor, coach, sporting association, exercise physiologist or physiotherapist for instruction on how to exercise safely.
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- Wear appropriate protective gear and make sure your sporting equipment (including shoes) is well maintained.
- Stop exercise immediately if you are injured and seek medical advice before starting exercise again.

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References

- Proper hydration for distance running identifying individual fluid needs, USA Track and Field Foundation. More information here.

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Keeping active

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- Keeping active basics
- Getting started
- Staying fit and motivated
- Exercise safety and injury prevention
- Healthy eating and exercise
- Keeping active throughout life
- Health conditions and exercise

Keeping active basics

- Balancing energy in and energy out
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance..
- Body mass index (BMI)
  Body mass index or BMI is an approximate measure of your total body fat..
- Energy in food (kilojoules and calories)
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance..
- Exercise intensity
  If you can talk but not sing, you're exercising at the right intensity..
- Exercise in your local surroundings (video)
  Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings - whether it's running up...
- Exercise - the low-down on hydration
  You need to drink enough and regularly to keep hydrated during exercise..
- Exercise with a friend
  Exercise is important for your physical and mental health. Working out with a friend means you're more likely to have fun and stick to your exercise plan..
- Fitness centres – how to choose one
  Do some research before signing up at a fitness centre..
- How to make exercise fun (slideshow)
  Many of us find it difficult to stick to some form of exercise, others don't know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off...
- Kids and energy needs
  It's important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy..
- Personal trainers – how to choose one
  Make sure your personal trainer is properly qualified before entering into any agreement..
- Physical activity for men
  Many men are only motivated to become more active after they have a health scare..
- Physical activity for seniors
  Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease..

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Physical activity for women
If you can't make the time to exercise for yourself, do it for your family.

Physical activity - how to get active when you are busy
Even if you're busy, you still need to find a way to be physically active.

Physical activity - it's important
Just 30 minutes of moderate activity each day can improve your health and reduce the risk of developing certain conditions or diseases.

Physical activity – setting yourself goals
When you're trying to become more physically active, set realistic health and fitness goals.

Physical activity - what's your excuse?
There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

Secrets to healthy ageing (slideshow)
Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years!

Sports and physical activity
Around 62 per cent of Australians adults do not meet the recommended physical activity guidelines to gain the health benefits of increased fitness and reduced body fat.

Getting started
- Exercise programs
  If you are unfamiliar with what is involved, starting an exercise program can be challenging.
- Exercise - the low-down on hydration
  You need to drink enough and regularly to keep hydrated during exercise.
- Exercise with a friend
  Exercise is important for your physical and mental health. Working out with a friend means you're more likely to have fun and stick to your exercise plan.
- Gardening for children
  Children can learn new skills, have fun and develop self-confidence when they grow their own plants.
- Gardening for health - starting out
  Gardening is a healthy activity that can be enjoyed by everyone.
- Gardening for older people
  Garden spaces and equipment can be modified or adapted to help older people enjoy gardening.
- Gardening safety
  Gardening is an enjoyable form of exercise, but you need to take care.
- Getting active - tucker talk tips
  The main thing is to choose physical activities that you enjoy and that you can stick to in the long term.
- How to make exercise fun (slideshow)
  Many of us find it difficult to stick to some form of exercise, others don't know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off...
- Physical activity - choosing a provider
  Choosing the right fitness centre or service provider requires some research.
- Physical activity – choosing the one for you
  You are more likely to keep up a healthy lifestyle change if your chosen activity suits you.
- Physical activity for men
  Many men are only motivated to become more active after they have a health scare.
- Physical activity for seniors
Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease...

- **Physical activity for women**
  If you can't make the time to exercise for yourself, do it for your family...

- **Physical activity - how to get active when you are busy**
  Even if you’re busy, you still need to find a way to be physically active...

- **Physical activity – how to get started**
  If you've been inactive and want to begin physical activity, see a doctor first...

- **Physical activity - learn how to swim (video)**
  Swimming is a great low-impact exercise for all ages and abilities. Australian marathon swimmer, Tammy Van Wisse shows ex-AFL (Australian Football League) player and coach, Tony Shaw some swimming...

- **Physical activity - overcoming barriers (video)**
  Former world aerobics champion, Sue Stanley shows us how to overcome common exercise excuses...

- **Physical activity – overcoming the barriers**
  If you think physical activity is boring, try exercising with a friend...

- **Physical activity – setting yourself goals**
  When you're trying to become more physically active, set realistic health and fitness goals...

### Staying fit and motivated

- **10 tips to plan your exercise**
  Physical activity won't just happen. Most activities require planning – starting and maintaining a physical activity program does too. Here are some tips for getting ready to exercise: Make...

- **10 tips to stay active year round**
  Pick an activity you enjoy ... 10 tips to stay active year round...

- **Exercise and mood**
  Exercise can have an enormous impact on your mood. Not only can exercise help in treating depression, it can also prevent people from becoming depressed again. So it’s important to keep up an exercise...

- **Exercise - everyday activities**
  There are lots of everyday activities that provide an opportunity to be active and provide health benefits...

- **Exercise in your local surroundings (video)**
  Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings - whether it's running up...

- **Exercise programs**
  If you are unfamiliar with what is involved, starting an exercise program can be challenging...

- **Exercise with a friend**
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- **How to make exercise fun (slideshow)**
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- **Pets can make you healthy (video)**
  Australians have one of the highest rates of pet ownership in the world...

- **Physical activity – choosing the one for you**
  You are more likely to keep up a healthy lifestyle change if your chosen activity suits you...

- **Physical activity for men**
  Many men are only motivated to become more active after they have a health scare...

- **Physical activity for seniors**

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  Swimming is a great low-impact exercise for all ages and abilities. Australian marathon swimmer, Tammy Van Wisse shows ex-AFL (Australian Football League) player and coach, Tony Shaw some swimming.

- Physical activity - overcoming barriers (video)
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- Physical activity -- overcoming the barriers
  If you think physical activity is boring, try exercising with a friend.

- Physical activity - staying active during summer (video)
  Physical Activity and Fitness Trainer Sherri Bourne gives us some great tips for staying active over the summer months.

- Physical activity - staying motivated
  Pick an exercise or fitness activity that appeals to you and suits your lifestyle.

- Physical activity - what's your excuse?
  There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

- Stretching exercise in winter (video)
  When starting out an exercise program, it's really important to do a warm up and cool down before and after exercise.

Exercise safety and injury prevention

- 10 tips for safe stretching
  Make stretching part of your life - 10 tips for safe stretching.

- 10 tips to exercise safely
  Exercising regularly has wide-ranging physical, emotional and social health benefits. You need to exercise safely to remain healthy and injury-free. If it's safe and painless, you’re more.

- Aerobics - preventing injury
  Aerobics injuries are usually caused by trauma and overuse, but can be prevented by using the right techniques and equipment.

- Australian rules football - preventing injury
  Australian rules football is a physical contact sport that often results in injuries from tackling, kicking, running and constant competition for the ball.

- Basketball - health benefits
  Basketball is a sport enjoyed by people of all ages and abilities.

- Basketball - preventing injury
  Basketball is a fast game with frequent and aggressive body contacts - injuries can and do occur.

- Canoeing and kayaking - health benefits
  Canoeing and kayaking can be done as a hobby, a competitive sport or as a fun activity on holidays.

- Canoeing and kayaking - preventing injury
  Careful preparation and the right equipment can help prevent canoeing and kayaking injuries.

- Cricket - health benefits
  To play cricket you need to be fit and strong and have good hand-eye coordination and ball-handling skills.

- Cricket - preventing injury
  Cricket is a very popular sport. Injuries are often caused by overuse, being struck by a cricket ball and falls.

- Cycling - health benefits
  Cycling can help to protect you from serious diseases.
• Cycling - preventing injury
  You are much more likely to hurt yourself by falling off your bike or hitting a stationary object than colliding with another vehicle.

• Dance - health benefits
  Dancing can be a fun way to stay fit for people of all ages and abilities.

• Dancing - preventing injury
  Dancing is fun and a great form of exercise, but make sure you avoid injuries.

• Dog walking - the health benefits
  If you are planning to buy a dog, make sure you choose a breed that's appropriate to your lifestyle.

• Exercise safety
  Training too hard or fast is a common cause of sports-related injuries.

• Fishing - preventing injury
  Never go fishing alone? always fish with someone else and, ideally, with two other people.

• Golf - health benefits
  Golf provides a stimulating challenge, combined with a healthy walk in pleasant surroundings.

• Golf - preventing injury
  The average golfer playing an 18-hole game walks about seven kilometres.

• Heat stress and exercise
  Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool during physical activity.

Healthy eating and exercise

• Food for sport - tucker talk tips
  Carbohydrate is the most important nutrient for athletes.

• Secrets to healthy ageing (slideshow)
  Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years.

• Sporting performance and food
  Good nutrition and a healthy diet are essential to improving your sports performance.

• The amount of physical activity you need
  It's important for your health that you get enough physical activity every day, and that you limit your sedentary behaviour. But getting the amount of physical activity you need doesn’t have to be...

Keeping active throughout life

• 10 tips for active seniors
  Stay independent for longer with regular exercise...

• Children – keeping them active
  A young child is naturally active, so build upon their inclinations to use their body.

• Exercise and stretching in the office (video)
  Sitting behind a desk all day doesn't mean you can't exercise...

• Gardens for all – a health activity
  Gardening has many health and therapeutic benefits, and is an activity that most people can enjoy.

• Getting active - tucker talk tips
  The main thing is to choose physical activities that you enjoy and that you can stick to in the long term.

• Healthy active Koori kids - tucker talk tips
  Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older.

• Healthy ageing – stay involved

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Reach out to the world around you for fun, a sense of achievement, social contact and mental stimulation.

- **Healthy and active ageing**
  Being physically active, eating well, socialising and improving your health can help you live a healthy, happy and active life as you get older.

- **How to make exercise fun (slideshow)**
  Many of us find it difficult to stick to some form of exercise, others don’t know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off...

- **How to volunteer and boost your health (slideshow)**
  Volunteering is great for our health – it makes us feel good, while helping others in the process.

- **Older people in hospital – Get well soon**
  Learn about improving and maintaining your health during a hospital stay.

- **Parent's guide for active girls**
  Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up.

- **Physical activity for men**
  Many men are only motivated to become more active after they have a health scare.

- **Physical activity for seniors**
  Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease.

- **Physical activity for seniors - staying active during summer (video)**
  Physical Activity and Fitness Trainer - Sherri Bourne shares a few easy and low-impact ways for seniors to stay healthy over the summer months.

- **Physical activity for women**
  If you can't make the time to exercise for yourself, do it for your family.

- **Physical activity - what's your excuse?**
  There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

- **Postnatal exercise**
  Always consult with your doctor or midwife before starting any postnatal exercise program.

- **Pregnancy and exercise**
  Unless you have complications, you should be able to exercise throughout your pregnancy.

- **Secrets to healthy ageing (slideshow)**
  Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years!

- **Sport and children**
  Make sure that some family outings offer opportunities for physical activity, such as playing sport together.

- **The amount of physical activity you need**
  It’s important for your health that you get enough physical activity every day, and that you limit your sedentary behaviour. But getting the amount of physical activity you need doesn’t have to be...

- **Vision loss and sport**
  Many sports can be adapted to suit people who are blind or have low vision.

- **Walking for good health**
  Walking will improve your fitness and reduce your risk of heart disease.

- **Walking - the benefits for older people**
  Walking is great exercise for older people. It has a range of health and social benefits, and most people can do it.

### Health conditions and exercise

- **Arthritis and exercise**
  Exercise can reduce some of the symptoms of arthritis, and improve joint mobility and strength.
Asthma and exercise
Exercise-induced asthma can be prevented with medication and by preparing for exercise and physical activity.

Breathing problems and exercise
A little physical activity and some breathing exercises can help people with lung disease.

Cancer - exercise to help you cope
People with cancer should be as physically active as their abilities and condition allow.

Dementia - reducing your risk
Adopting a 'brain healthy' lifestyle may reduce your risk of dementia in later life.

Diabetes - issues for children and teenagers
Many parents worry when their child with diabetes starts or returns to school.

Epilepsy and employment
Many people living with epilepsy are successfully employed across a range of professional fields.

Epilepsy and exercise
It is rare for a person with epilepsy to have a seizure during physical activity, but you should always take safety precautions when exercising.

Exercise and mood
Exercise can have an enormous impact on your mood. Not only can exercise help in treating depression, it can also prevent people from becoming depressed again. So it's important to keep up an exercise.

Exercise in your local surroundings (video)
Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings - whether it's running up...

HIV, hepatitis and sport
People with HIV or hepatitis B or C participate in a wide range of sports without restrictions, and the risk of transmission to another player is extremely small.

Menstruation - athletic amenorrhoea
Women who are athletes or who exercise a lot on a regular basis are at risk of developing athletic amenorrhoea, which is the absence of periods.

Osteoporosis and exercise
Exercise can reduce the risk of fractures resulting from osteoporosis by both slowing the rate of bone loss, and reducing the person's risk of falling by building muscle strength and improving balance.

Sports injuries
A sports injury may be more severe than you think.

Type 2 diabetes - healthy eating and exercise (video)
People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life.

Related Information

Older people in hospital – Get well soon
Learn about improving and maintaining your health during a hospital stay.

Snow sports - safety issues
Pay attention to basic safety precautions to reduce your risk of injury from winter sports.

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Learn what to do if you find yourself in a rip current.

Sports injuries
A sports injury may be more severe than you think.

Heat stress and exercise
Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool during physical activity.

Home
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- Australian Physiotherapy Association
- Easy Exercise and Screening for You
- Exercise and Sports Science Australia
- Smartplay - Resources

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Service Search

- Service Search
- Find services near you

Service: Select a service
Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

Use my location
Find a service

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41 people have watched a video today

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