Physical activity - staying motivated
Most of us find it difficult to resume regular exercise following a significant break. Suggestions on how to overcome disruptions to your exercise routine include:

**Overcoming disruptions to your physical activity routine**

Suggestions include:

- **Keep physical activity interesting**
  - It's easier to stick to an exercise routine if you can see the benefits. Suggestions include:
    - **Monitor the benefits of physical exercise**
      - Keep a training diary. Pay attention to the way you feel. Was yesterday’s gardening session easier on your back? Are your jeans looser? Were you able to laugh off an irritating event today? Simply taking the time to recognise these little improvements to your daily quality of life can increase your motivation to exercise.
    - **Reward your self as a reward.** When you’ve had a long hard day, give yourself the joy of a quiet walk by a river, near a park or just exploring your own neighbourhood.
    - **Keep active**
      - **Start small.** Aim to just include more general activity into your day, working toward a continuous bout of exercise for about 10 minutes per day at first, and gradually work your way up to 30 minutes or more.
      - **Make the commitment.** Put ‘exercise appointments’ in your diary, at least for the first few weeks, until exercise becomes a habit.
      - **Use activity as a reward.** When you’ve had a long hard day, give yourself the joy of a quiet walk by a river, near a park or just exploring your own neighbourhood.
      - **Keep physical activity interesting**
    - **Keep physical activity interesting**
      - **Choose from a range of physical activities.** If you feel bored by an exercise routine, try something new or challenge yourself. Try to walk a bit faster on your 30-minute walk, or choose a different route.
      - **Set the goal.** Find a training partner or join a group activity. The enthusiasm of others and the sense of camaraderie can buoy you along.
      - **Purchase new equipment or a new workout outfit.** The point is to celebrate your achievements in any way that is meaningful to you.
      - **Don’t focus on the activity, explore what’s going on around you.** Notice the sky, the people, the sounds.
      - **Keep a training diary.** Pay attention to the way you feel. Was yesterday’s gardening session easier on your back? Are your jeans looser? Were you able to laugh off an irritating event today? Simply taking the time to recognise these little improvements to your daily quality of life can increase your motivation to exercise.
      - **Keep physical activity interesting**

- **Just start exercising**
  - Go ahead and do it! If you think too much about the pros and cons of exercising, you may well talk yourself out of it. Just do it. Book dates in your diary and stick to them.

- **Monitor the benefits of physical exercise**
  - It’s easier to stick to an exercise routine if you can see the benefits. Suggestions include:

- **Overcoming disruptions to your physical activity routine**
  - Most of us find it difficult to resume regular exercise following a significant break. Suggestions on how to overcome disruptions to your exercise routine include:

- **Injury – once you feel a little better, opt for a gentle exercise routine.** For example, take a 10-minute stroll around the neighbourhood instead of jogging for an hour.

**Summary**

- Always consult with your doctor before starting any new exercise routine, particularly if you are overweight, over 40 years old, haven’t exercised in a long time or have a chronic medical condition.
- If you think too much about the pros and cons of exercising, you may well talk yourself out of it. Just do it!
- Keep a training diary – simply taking the time to recognise these little improvements to your daily quality of life can increase your motivation to exercise.

Making any change in behaviour, such as starting a physical activity program, is significant and can be challenging – the next thing is to make it a habit. If exercise is another job on your never-ending list, chances are it won’t be sustainable. If you find something that you enjoy and that makes you feel good and you can easily fit in your day to day living, you’re more likely to make a sustainable change.

Motivation levels fluctuate in everyone; even exercise fanatics find it hard to get motivated from time to time. So before you start, accept that there will be brief setbacks or times when you do not feel like exercising. If this occurs, remind yourself that this is not failure – it’s simply life getting in the way. Be ready for these ‘slips’. Think about some strategies to overcome those hurdles and how you can pick up where you left off. Don’t be discouraged. It happens to all of us.

Remember, always consult with your doctor before beginning any new exercise program, particularly if you are overweight, over 40 years of age, haven’t exercised in a long time or have a chronic medical condition.

**Picking a physical activity — start off right**

Suggestions include:

- **Pick an activity (or range of activities) that appeals to you.** Also choose activities that you are confident you can manage physically, and that suit your lifestyle and your income. Choose an activity that is close to home or work.
- **Set realistic goals.** For example, rather than aiming for a set amount of weight loss, aim for four activity sessions per week.
- **We all have different motivations to exercise.** Think about how you feel when you’re exercising and how you feel after you’ve exercised. Keep in mind your personal fitness goals to help you on those days when you don’t feel like lacing up your sneakers.
- **Remember also that research indicates you don’t need to lose weight to gain significant health benefits.**
- **Start small.** Aim to just include more general activity into your day, working toward a continuous bout of exercise for about 10 minutes per day at first, and gradually work your way up to 30 minutes or more.
- **Find a friend or family member to be active with.** Motivate and reward each other and enjoy the process together.
- **Replace the ‘no pain no gain’ message with ‘no fun no future’.** If you don’t enjoy your activity, it won’t be sustainable.
- **This is obviously important to you or you would not have taken the steps to change your behaviour, so make exercise a priority in your life.**
- **Make the commitment.** Put ‘exercise appointments’ in your diary, at least for the first few weeks, until exercise becomes a habit.

**Getting started**

- **Get fit**
- **Keeping active - Activity plans and challenges**
- **Keeping active - Getting started**
- **Keeping active - Staying fit and motivated**
- **Keeping active - Exercise safety and injury prevention**
- **Physical activity - staying motivated**
• **Injury** – you will need to set new goals for the short term. Make recovery, not exercise, your first priority. Gentle exercise like walking, stretching or swimming may be possible. Be guided by your doctor or physiotherapist about how you can keep fit while recovering.

• **Holiday** – take advantage of local facilities. For example, some hotels have swimming pools, tennis courts or gyms. If you’re holidaying at the beach, take a daily swim. Tour on foot – walking is one of the best ways to see the sights and is a great aerobic and weight-bearing exercise.

• **Business commitments** – exercise at your desk. Perform stretches. Take a break from your desk and walk the stairs every now and then. If we move more and sit less we generally feel better.

• **Bad weather** – adapt your routine or brave the elements. Exercise indoors – head to your local swimming pool or gym.

**Be flexible about your physical activity routine**

Remember that unexpected events will arise from time to time and disrupt your exercise routine. Think about ways to cope with interruptions. Suggestions include:

• Don’t let this interruption worry you, but make a date in your diary for your next available exercise session.

• If your day is packed with events, consider getting up 30 minutes earlier to exercise or walk or ride to meetings.

• Keep ‘at home’ exercise options accessible – for example, exercise videos or a stationary bike.

• Look for opportunities in your everyday routine – for example, walk instead of drive to the train station, take the stairs instead of the lift or take a walk at lunchtime.

• Appreciate that a short break may be a good thing. Remember, even professional athletes schedule regular periods of ‘down time’. This may be important if you participate in rigorous activities such as weight training.

• Not in the mood? Remember that activity improves people’s moods. It not only relieves stress but also helps fight sadness and depression. Push yourself to get up and get moving, even if you’re in a bad mood or feeling blue.

**Where to get help**

• Your doctor

• Local council

• Neighbourhood gym

• Your friends and family – if they lead an active life, let them motivate you too

**Things to remember**

• Always consult with your doctor before starting any new exercise routine, particularly if you are overweight, over 40 years, haven’t exercised in a long time or have a chronic medical condition.

• If you think too much about the pros and cons of exercising, you may well talk yourself out of it. Just do it!

• Keep a training diary – simply taking the time to recognise these little improvements to your daily quality of life can increase your motivation to exercise.

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1. 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 the couch and enjoy getting fit by following these few simple steps.
2. **Embrace your inner child**

What types of activities did you enjoy when you were a kid? Did you participate in an organised team sport or do something less structured? Give them a try again. Take time out to discover what suits your physical, emotional and social needs.

3. **Find an exercise buddy**

Let’s face it, we’re more likely to stick to physical activity if we do it with friends or family. It’s a great way to catch up and a great motivator.
4. **Explore the local community**

Join a club or community group – it’s a great way to meet new people who may even become lifelong friends. You’ll be surprised how many opportunities are out there – from leisure centres and sports clubs to parks, trails, swimming pools and classes. Local councils and libraries can help you track them down.

5. **Be kind to yourself**

Make sure you have a medical check up before starting any form of physical activity, especially if you’re over 40, overweight, haven’t exercised for a long time or have a chronic illness. Fill out this pre-exercise self-screening tool for adults.
Start small

Increase your activity time and intensity gradually. Take extra care if you are new to exercise or haven’t exercised for a while. Start out gently and build your endurance little by little – this way you’ll avoid overdoing it or injuring yourself! It’s a good idea to start with 10 minutes each day at first and then eventually work your way up to 30 minutes or more.

Mix it up

Not only does a range of activities keep your interest up, they challenge different muscles. If you’re time and budget poor, be creative and look for other alternatives. Walk or cycle to work, take the stairs or leave the car at home when running errands. Buy some exercise equipment for home, such as online exercise videos or DVDs. A stationary bike is fun to ride while watching TV.

Up for a challenge?

Keep up your interest by trying new activities. You may like to join others and sign up to a local fitness event, such as a fun run that raises money for a good cause. You’ll not only be helping yourself, but others in the process.
Try a mantra

Replace ‘no pain no gain’ with ‘no fun no future’. If you are not enjoying yourself, you won’t be able to sustain it.

Be realistic

Set a mixture of short and long-term goals that are achievable and you can measure. When you first begin, mark dates and times in your diary for exercise sessions. Review your progress regularly and focus on what you have achieved.
11. Don’t beat yourself up

If you miss a session that’s okay, even elite athletes need downtime after participating in rigorous activities. If you’re not in the mood, it’s important to focus on how exercise makes you feel – it not only relieves stress but helps fight sadness and depression!

12. Keep a training diary or journal

Take time to recognise these little improvements to your daily quality of life – it can increase your motivation. Reflect on how you feel before, during and after exercise. It’s a great way to track your progress.
Reward yourself

Give yourself a reward each time you reach a fitness goal. It gives you the incentive to keep going. Treat yourself to something you enjoy, but make sure your rewards match your healthy lifestyle. As you make progress, you may find you end up rewarding yourself with something physical, such as a walk by the beach or river after a hard day’s work!

References

- When sports ads tell you to ‘Just do it’ they are absolutely right, 2005, News-Medical Net. More information here.

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More information

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
  
  Men are only motivated to become more active after they have a health scare.

- Physical activity for seniors

betterhealth.vic.gov.au
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 - 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.

- Resistance training – health benefits
  If you do resistance training repeatedly and consistently, your muscles become stronger.

- 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 - 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...

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- 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...

- 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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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 - 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.
- Dance - 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

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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... 10 tips for active seniors...

- **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 it 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**
  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**

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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...

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

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Content Partner

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