



Exercise recommendations

***We all know the benefits, but why don't we exercise enough?
Here are some tips to get more physical activity into your day.***

Tips to get your daily dose

- 1. Set a goal, create a plan and stick to it**
Create goals which are achievable and give them a set date. (Example – I want to lose 2cm off my waist circumference)
- 2. Make the most of your stops**
Move your body. There is a range of stretches and bodyweight strength exercises that you can with no equipment. All you need is a flat, safe area.
- 3. Work on your core**
When sitting, tighten your stomach. Try to contract muscle and complete a few repetitions when you are stuck in traffic or stopped at red lights.
- 4. Get the maximum out of your days off**
Use your days off to get additional physical activity when you can. Avoid days of sitting on the couch or the pub.



Did you know?

- ▶ 1 in 3 Australians, (between 18-64yrs) are insufficiently active
- ▶ 2 in 3 Australians were overweight or obese in 2015 – 16.
- ▶ If all Australians did an extra 15 minutes of brisk walking for at least five days each week, this would reduce the disease burden due to physical inactivity in the population by approximately 13%
- ▶ By doing 30 minutes of brisk walking, the burden of disease attributed to physical inactivity could be reduced by 26%.

