



# Exercise recommendations

*Injuries, sickness and disease have a devastating impact on a person's career, finances and family life. Injuries, sickness and disease have a devastating impact on a person's career, finances and family life, but exercising as little as 15 minutes per day can make significant improvements on your overall health and wellbeing.*



*Whenever possible, aim to get at least 30 - 60 minutes of physical activity every day, with a combination of moderate and vigorous intensity.*

Making healthier choices and increasing physical activity can make a huge difference to improve your weight, your stress levels and boost your bodies ability to fight off other disease and chronic conditions, ensuring your body is in good working order.

## Did you know?

- ▶ More than half of all Australian adults are not physically active enough
- ▶ Physical inactivity is the second greatest contributor, behind tobacco smoking, to the cancer burden in Australia
- ▶ Small amounts of exercise is better than none
- ▶ Research shows evidence of a dose response to physical activity, meaning increasing amounts of physical activity provide greater health benefits.
- ▶ Physical inactivity is associated with type II diabetes, obesity, cardiovascular disease, anxiety, depression, some cancers and musculoskeletal disorders.
- ▶ These disorders can be reversed or slowed with regular physical activity

## What is “physical activity”

Any activity that gets your body moving, makes your breathing become quicker and your heart beat faster.

**MODERATE INTENSITY** brisk walking, swimming, bodyweight exercises, recreational sport, gardening and household activities

**VIGOROUS INTENSITY** jogging, aerobics, cycling, weight training and heavy manual labour



## 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, don't be in one position all day. 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 out your core**  
When sitting, tighten your stomach. Try to contract your core muscles 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 at the pub.

## Get up, get outside and get moving!

### References

- ▶ Global Health Risks: Mortality and burden of disease attributable to selected major risks. World Health Organization, 2009
- ▶ Australian Bureau of Statistics (ABS) 2013. Australian Health Survey: Physical Activity, 2011-2012. ABS Cat. No. 4364.0.55.004. Canberra: ABS.
- ▶ <http://exerciseright.com.au/exercise-tips-truck-drivers>