

Health & Wellbeing

April – Physical activity



What is physical activity?

Any activity that gets your body moving, makes your breathing become quicker and your heart beat faster. You can be physically active in many different ways, at any time of day.

What are some of the benefits?



Builds strong muscles and bones.



Creates opportunities for socialising and meeting new people.



Helps you to prevent and manage mental health problems.



Helps you to develop and maintain overall physical and mental well-being.

Are you doing enough physical activity? What are the guidelines?

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- The Australian guidelines state that you should aim to accumulate 2 ½ to 5 hours of moderate intensity physical activity (walking, dancing, gardening etc.) **OR** 1 ¼ to 2 ½ hours of vigorous intensity physical activity (running, cycling, swimming etc.) each week.
- The guidelines also recommend that you do some muscle strengthening activities (push ups, sit ups etc.) on at least 2 days each week.

Make sure you do something you enjoy

People who participate in physical activity for basic reasons such as enjoyment, to feel good or to learn a skill are more likely to stick to it in the long term. We need to choose movement we enjoy, that makes us feel good, rather than forcing ourselves to do exercise we can't stand.

Be active with a friend or family member

We know that exercise is great for our minds and bodies, but sometimes it's challenging to maintain interest. That's why exercising with a friend can be a huge benefit. You're less likely to get bored when you have a workout buddy. Chatting to a friend during exercise can help time pass quickly too.



Try these ideas

Think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference.

- Park your car an extra 5 or 10 minute walk from work.
- Walk to deliver a message rather than emailing or making a phone call.
- Leave your desk at lunch time and enjoy a short walk outside.
- Organise walking meetings.

Have you registered for Active April yet?



This April, step up the amount of physical activity in your life and get more active, more often. All it takes is 30 minutes of physical activity a day during April. To participate register your details online at <https://www.activeapril.vic.gov.au/>