

## BE ACTIVE

## EVERY DAY



**Along with healthy eating, being active is an important part of the healthy weight equation. All the energy (kilojoules) in the food we eat needs to be used up to prevent weight gain.**

Physical activity contributes to a healthy lifestyle and is critical to the prevention and management of many chronic diseases. Regular moderate physical activity will reduce your risk of type 2 diabetes, osteoporosis, heart disease, high blood pressure and some cancers.

In Australia, lack of physical activity is estimated to contribute to 13,491 deaths each year. Research shows that 40 per cent of West Australian adults are not sufficiently active for good health and that 12 per cent of West Australian adults don't do any physical activity.<sup>1</sup>

Just 30 minutes of moderate-intensity physical activity on most or all days of the week is needed for good health. Moderate intensity means an activity that is energetic and raises your heart rate but doesn't make you too breathless (e.g. fast walking). Although it's best to find 30 minutes of uninterrupted activity, if you really don't have the time, you could break the 30 minutes up into shorter sessions of at least 10 minutes each.

### Some of the benefits of doing the recommended amount of exercise are:

- ▲ having better long-term health
- ▲ having more energy and less fatigue
- ▲ managing your weight
- ▲ feeling more confident and happy
- ▲ feeling less stressed, more relaxed and sleeping better
- ▲ helping strengthen and/or improving relationships with friends, family and others
- ▲ helping you make friends
- ▲ having stronger bones and muscles
- ▲ lowering your blood pressure and having healthier blood cholesterol
- ▲ reducing your risk of heart disease, type 2 diabetes and some cancers

**In addition to planned activity, find everyday physical activities that you can fit into a busy day. Try to:**

- ▲ get off the bus a few stops earlier
- ▲ use the stairs instead of the lift
- ▲ walk around while you're on the phone
- ▲ cycle, walk or get public transport to work
- ▲ gardening
- ▲ walking to the shops and group activities like dance classes

And, amazingly, the more active you are, the more energy you'll have for other things! If you already do 30 minutes of moderate-intensity physical activity, try going for longer or doing something more intense for extra benefits.

### Here are some tips on how to get started:

- ▲ set small and achievable physical activity goals
- ▲ reward yourself when you reach your goals
- ▲ be active with friends or family by making a regular time to meet to go walking or take part in other activities
- ▲ make physical activity part of your day – set your alarm for 30 minutes earlier each morning or use your lunch break to go for a walk
- ▲ choose an activity that you enjoy

<sup>1</sup>. Be Active WA, 'Premier's Physical Activity Taskforce', Government of Western Australia, 2007.

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