Have fun and get active

Why is regular activity important?
Regular activity can help you:
• keep your heart and lungs healthy
• maintain strong bones and keep joints moving
• improve strength and balance and help to prevent falls and injuries
• control your weight by burning up excess energy.

How much activity is enough?
Try to do 30 minutes of activity on most days of the week. You don’t need to puff and pant to have fun and get active – moderate activity is also good for you.

Examples of moderate-intensity activity include walking, gardening, golf, bowls, dancing or cycling. Strength and balance exercises such as tai chi are also good.

Any type of exercise is good for you, so find one you enjoy.

It’s never too late to start being active, so follow these steps to start now.
• See your GP for a check-up if you have ongoing health problems.
• Choose an activity you enjoy.
• Start out slowly, with five to 10 minutes of exercise and build up over time
• Remember to drink extra water before, during and after being active.

This advice was accurate at the time of publication (April 2015). For more information about physical activity and your individual needs talk to your GP or an accredited exercise physiologist.