



Being active.

Physical activity is any activity that gets your body moving. It makes you breathe quicker and your heart beat faster. It can be in many different forms and levels of intensity. Being active every day, in a range of ways, is best for good health. Below is a list of the four main types of physical activity.

| Type of activity | Examples | How often |
|--|---|---|
| Fitness Activities that make your heart beat faster and are good for keeping your heart and lungs healthy. | <ul style="list-style-type: none">• Walking• Washing the car• Gardening• Housework• Riding a bike | About 30 minutes most days of the week. |
| Strength These activities help to keep your muscles and bones strong. You don't have to go to a gym or use special weights to keep your strength up. | <ul style="list-style-type: none">• Carrying the groceries• Squats• Climbing the stairs | Two or three times a week. |
| Flexibility Staying flexible helps you to move easier and stops your joints from feeling stiff. Keeping up your flexibility means you will be able to put on your own socks! | <ul style="list-style-type: none">• Gentle reaching, bending and stretching | As often as you can. |
| Balance Doing balancing activities helps avoid having a fall. | <ul style="list-style-type: none">• Standing on one foot• Heel-to-toe walking• Standing on your tiptoes | Aim to do these daily. |

Healthy Ageing Tasmania

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