

Fact Sheet

Being Active

womensnewbornhealth.com.au

Being Active

To be healthy it is important to balance your food intake with being active. Doing any physical activity is better than doing none. If you are not active, start by doing a small amount and gradually build up.

It is recommended to:

- be active on most, preferably all, days of the week
- do 2½ – 5 hours of moderate physical activity or 1¼ - 2½ hours of vigorous physical activity each week
- do muscle strengthening activities at least 2 days each week

It is also important to minimise the amount of time you are sedentary or completely inactive. It is recommended to break up long periods of sitting time, if you sit down all day at work try to stand during phone calls or take walking breaks.

Did you know? You can access free telephone health coaching support from a physical activity expert. The Get Healthy Information and Coaching Service (www.gethealthynsw.com.au) provides 10 coaching sessions over 6 months to help you be more active. Sign up today (<http://www.gethealthynsw.com.au/get-started>)

Useful resources

- sample exercise plans, tips and advice - <https://www.makehealthynormal.nsw.gov.au/activity/what-your-body-needs>
- simple tips to incorporate more physical activity into everyday life - [http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines/\\$File/Tips&Ideas-Adults-18-64years.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines/$File/Tips&Ideas-Adults-18-64years.PDF)
- being an active family - [http://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines_A5_Families.PDF](http://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_Families.PDF)

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au

