



*Women's Health at Work*



## **EXERCISE**

### **Why exercise?**

- Here's a question for you... Would you describe yourself as 'physically active'? Do you regularly work up a sweat or do you find yourself crashing in front of the TV after work?
- We all know that physical activity plays an important role in our health. But just how hard and how much should we be moving?

### **Health benefits:**

- Firstly, if you're currently not doing any exercise, starting now with even a little bit of exercise will earn you significant health benefits.
- Those health benefits include reduced blood pressure and cholesterol and reduced risk of heart attack, stroke & diabetes.
- Exercise will also burn calories and boost metabolism, which are essential for maintaining or losing weight.

### **Types of exercise:**

- When it comes to what type of exercise you should be doing, the most important thing is that you find something you enjoy, as you'll find it easier to stick to.
- Most people find walking the most convenient and affordable option to start moving or perhaps try cycling, hiking or swimming for variety. Also try to do some regular strength exercise to build your muscles.
- You might like to join a local group exercise program and encourage friends to come along.

### **Frequency:**

- Many people wonder how often they should be active.
- The Australian physical activity guidelines suggest we should accumulate at least 30 minutes of activity on most days.
- 30 minutes of activity may be easier than you expect...

**Active lifestyle:**

- Choose the stairs instead of the elevator, walk whenever you can or park a little further away.
- Make social occasions active. Instead of meeting up over cake and coffee and adding to your daily calorie intake, go for a walk together and burn some instead.
- If you can, also enjoy vigorous, 'huff & puff' activity 3-4 times per week.
- And remember to see your doctor before starting a new exercise regimen.

***This message was developed in partnership with:***



The SHAPE program is a group based program which can help you to learn how to have a healthy lifestyle. For more information contact WentWest on (02) 8811 7100