Victorians – let's get moving

More than half of us are not active enough

Try to be active every day

Along with healthy eating, physical activity is an important part of a healthy lifestyle. It is recommended that you be active for 30 minutes every day to keep healthy.

Why should I be active?

Being active is good for everyone. It doesn't matter how old you are or if you are just starting out. Being active everyday can help you:

- Prevent or manage health conditions
- Improve wellbeing
- Lower blood pressure
- Keep your bones and muscles strong
- Meet new people
- Assist with weight management

How much activity should I aim for?

Try to be active on most, preferably all, days of the week.

You should try to complete:

- 2½ – 5 hours of moderate intensity physical activity per week. For example 30-60 minutes a day, 5 days a week, or
- 1¼ – 2½ hours of vigorous intensity physical activity per week, and
- Muscle strengthening activities on at least 2 days each week.

This is the minimum you need for health benefits. Exercising for longer and more often is even better.

Moderate intensity activity

Moderate intensity activity includes brisk walking, steady cycling, swimming or dancing. You can talk, but can't sing.

Vigorous intensity activity

Vigorous intensity activity takes more effort, like running, fast cycling or aerobics. It makes you breathe harder and faster ('huff and puff').

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Move more

Try to take every opportunity to move more during the day.

- Use the stairs instead of the lift or escalator.
- Stand up if you catch the train rather than sitting.
- Get off the bus one stop earlier and walk the rest of the way.
- Get up and talk to your work colleagues rather than emailing.
- Catch up with friends for a walk rather than sitting to chat.

Sit less

- Australians on average sit for 9 hours a day.
- Sitting too much can lead to health problems such as obesity, type 2 diabetes, heart disease and stroke.
- Even if you are active for 30 minutes every day, it is important to try to reduce the time you sit.

Getting started

- Starting an exercise program can feel overwhelming, but it doesn't need to be.
- You can break up your activity into shorter sessions throughout the day. For example, 3 x 10 minute sessions.
- Doing any physical activity is better than doing none.

Set yourself up for success

- **Short on time?** Break up your physical activity into shorter 10-15 minute blocks.
- **Organise your workouts.** Schedule your exercise in your diary and stick to it.
- **Exercise with a buddy.** You're less likely to cancel and can motivate each other.
- **Consistency is key.** You don't need to do a really hard workout every day, doing something is better than nothing.
- **Choose an activity that you enjoy.** Try something new and find an activity that you genuinely enjoy.

Finding help

You should see a doctor before you start a new exercise program if you are over 40, have a pre-existing medical condition, have not exercised for a long time or if you are pregnant.

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