



Tips for the whole family

- Look at physical activity as an opportunity not as an inconvenience;
- Be physically active every day in as many ways as possible; take every small opportunity to be active like using stairs and doing manual tasks;
- Use active transport where possible – walk, ride a bike, walk to bus stops and use public transport, take the stairs, park your car at a distance and walk;
- Replace short car trips with walking, cycling or use public transport;
- Reduce the amount of sedentary time at home and at the workplace; use your lunch break to do some physical activity, when possible take a quick stretch or walk breaks;
- Join a walking group or a sport or recreation club. You may also join a Non-Governmental Organization (NGO) or a voluntary group to increase your opportunities of performing physical activity;
- Go for walks when meeting friends or family to catch up;
- Encourage and support your child to be active and help your child reduce sedentary time;
 - Be a positive role model to your child by engaging in physical activity and limiting screen time
 - Switch off the TV/computer and engage in active games with your child
 - Spend recreational time outdoors and participate in physical activity as a family
 - Walk or cycle with your child to school, to their friend's house or to visit a relative



References:

1. WHO. Global recommendations on physical activity for health. 2010. http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf. Accessed 25 March 2015.
2. Cavill N, Racioppi F, Kahlmeier S, (Eds): Physical Activity and Health in Europe. Evidence for Action. Copenhagen: WHO Regional Office for Europe; 2006.
3. Active Living for All: a framework for physical activity in Western Australia 2012-2016. 2012. <http://www.beactive.wa.gov.au/assets/files/Framework%20Document-On-Line%20Version.pdf>. Accessed 25 March 2015.



Be active for life.

LOOK AT PHYSICAL ACTIVITY AS AN OPPORTUNITY

What is physical activity?

PHYSICAL ACTIVITY is any type of movement that works muscles and uses more energy than when at rest. Physical activity includes sports and exercise or fitness sessions, leisure-time activities like hiking, walking and dancing as well as other activities such as manual labour, household chores, gardening and walking to work or to shops.

MODERATE-INTENSITY PHYSICAL ACTIVITY raises the heartbeat and leaves the person feeling warm and slightly out of breath. Examples include: brisk walking, dancing and gardening.

VIGOROUS-INTENSITY PHYSICAL ACTIVITY makes people work up a sweat and become out of breath. Examples include: running, fast cycling and fast swimming.

Activities like walking, running, cycling, and swimming are forms of **AEROBIC PHYSICAL ACTIVITY** which improve cardio respiratory fitness.

PEOPLE NEED TO LEAD AN ACTIVE WAY OF LIFE BY INTEGRATING PHYSICAL ACTIVITY INTO THEIR DAILY ROUTINES



What are the benefits of physical activity?

HEALTH BENEFITS IN GENERAL

- Reduces risk of:
 - High cholesterol, high blood pressure and type 2 diabetes;
 - Heart disease and stroke;
 - Certain types of cancer like breast and colon cancer;
- Depression;
- Helps maintain a healthy weight;
- Improves psychological well-being;
- Improves and maintains musculoskeletal health which includes the prevention of osteoporosis.

BENEFITS FOR CHILDREN

- Promotes healthy growth and development of muscle and bone;
- Reduces the risk of early development of risk factors for ill-health;
- Provides opportunities for friendship and fun as well as learning sports and physical literacy;
- Active children are more likely to grow into active adults.

BENEFITS FOR OLDER PEOPLE

- Helps maintain strength and flexibility; improves physical mobility and delays its loss;
- Reduces risk of falls and injuries;
- Helps prevent mental health disorders common in older age such as depression and dementia;
- Provides opportunities for socializing and reduces isolation.



How much physical activity does a person need to do to stay healthy?

CHILDREN AND YOUNG PEOPLE (5-17 YEARS)

Should do a total of 60 minutes of at least moderate to vigorous-intensity physical activity daily. Activities that strengthen muscles and bone should be included at least 3 times per week.

Sedentary periods (such as sitting for long periods and travelling in vehicles) and recreational screen time (watching TV, playing video games and using the computer) should be kept to a minimum as much as possible.

ADULTS (18-64 YEARS)

Should do at least:

- 150 minutes of moderate-intensity aerobic physical activity per week; or
- do at least 75 minutes of vigorous-intensity aerobic physical activity per week; or
- an equivalent combination of moderate- and vigorous-intensity activity.

Can be done in one session, or through several shorter bouts of 10 minutes or more.

REMEMBER THAT EVEN IF YOU DO NOT REACH THE RECOMMENDED PHYSICAL ACTIVITY LEVELS, DOING SOME PHYSICAL ACTIVITY IS BETTER THAN DOING NONE

Muscle-strengthening activities involving major muscle groups should be done on 2 or more days per week.

OLDER PEOPLE (OVER 65 YEARS)

Can follow the same guidelines provided for adults, 18-64 years.

It is very important for older people to remain active and to include exercises that improve strength, co-ordination and balance which help them retain their mobility.

People with certain health conditions and people with disabilities can follow these guidelines when possible, however, it is advisable to seek professional advice so as to determine the types and amount of physical activity that best suit their exercise capacity, specific health risks and limitations.

Inactive people should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time.