**GREAT REASONS TO BE ACTIVE**

Being active is good for you in so many ways!! It can provide a huge range of fun experiences, improves your health and well-being, makes you feel good and is a great way to relax and enjoy the company of your friends.

Regular physical activity can:

* Help prevent heart disease, stroke and high blood pressure.
* Reduce the risk of developing type II diabetes and some cancers.
* Help build and maintain healthy bones, muscles and joints reducing the risk of injury.
* Prevent unhealthy weight gain and help with weight loss
* Promote psychological well-being.

Be active every day in as many ways as you can !!

 Work towards completing at least 30 minutes of moderate-intensity physical activity on most days.

The Australian Department of Health Exercise Guidelines ( 2023) make the following recommendations:

* To achieve health benefits, healthy adults should aim to complete between 2.5 -5 hours of moderate intensity cardiovascular exercise ( such as brisk walking, swimming) or 1.25-2 5 hours of vigorous cardiovascular exercise ( such as jogging, cycling, aerobics) per week.
You can use the **Perceived Rate** **Of Exertion** in accordance with your fitness levels to determine exercise intensity. Generally, if you are finding it difficult to talk, this would be considered a vigorous amount of exertion.
* Greater activity levels are associated with further health benefits.
* Cardiovascular exercise can be accumulated in short bouts of 10 minutes to obtain health benefits.
* The mode of activity for cardiovascular exercise needs to be large muscle mass, rhythmic activities such as walking, jogging, swimming, rowing and cycling
* In order to meet the recommended weekly cardiovascular exercise volume, content can consist of a mixture of both vigorous and moderate intensity.
* One minute of vigorous-intensity exercise is approximately the equivalent of 2 minutes of moderate-intensity exercise. You can mix this up in your workout session, eg, 1 minute running followed by 2 minutes of brisk walking for 30 minutes = 10 minutes of high intensity and 20 minutes of moderate intensity exercise.
* The recommended exercise levels outlined above are additional to routine low intensity activities of daily living or activities lasting less than 10 minutes in duration.
* Activities of daily living that are longer than 10 minutes in duration and of sufficient intensity to raise heart rate and ventilation to moderate levels can be used towards the weekly cardiovascular exercise target (e.g. manual labour, lawn mowing, walking to work)
* It is recommended that you include muscle strengthening activities in your workouts – at least 2 days per week. This may include body weight exercises such as push ups and squats, as well as lifting weights and strenuous household activities ( eg, carrying shopping, digging in the garden!)
* Be mindful of sitting and lying down for too long. Break up long periods of sitting by taking regular breaks from your desk, eg , walk around when on the phone, stand up desks, walk to the park to eat lunch.

REMEMBER :

 • Anything is better than nothing! In those individuals who are extremely deconditioned, health benefits can be obtained with small increases in cardiovascular exercise.

• If an individual has been inactive for some time, they will need to start slowly and build up to recommended cardiovascular exercise levels over time.

BUILD ACTIVITY INTO YOUR DAY ☺

There are so many ways to incorporate exercise into your daily routine.

Walk or cycle to work, or park a bit further away , join a community group fitness class, go hiking with a friend, use the stairs instead of the lift, plan an adventurous holiday!

So much to do! Be healthy and active,have fun and live a long and prosperous life!😊

**Your good health is my business !!**

**Lesley, Elements Health Australia.**

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