



Physical Activity

Gettin' started



What is physical activity?

- > Walking
- > Gardening
- > Playing sports
- > Walking up stairs
- > Water aerobics
- > Dancing

Regular physical activity helps:

- > Improve your circulation
- > Improve your muscle strength
- > Improve your overall fitness and health
- > Helps lower your blood pressure
- > Helps control blood glucose for diabetes
- > Improve your cholesterol

Let's get started

- > If you smoke, try and quit
- > Get a check from your health worker before you start
- > Choose smaller portions and fewer kilojoules
- > Eat more fruit and vegetables
- > Make water your drink
- > Be active every day
- > Sit less and move more
- > Wear comfortable shoes and loose clothes
- > Start with a walk around the block
- > Do some outdoor activities with your kids



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Reduces the risk of:

- ✓ Diabetes
- ✓ Heart disease
- ✓ Depression and anxiety
- ✓ Gaining weight

Regular physical activity makes you feel good and helps keep your weight down.

For more information

Contact your local Aboriginal Medical Service or Health worker. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

PDF's can be downloaded and printed from Chronic Care for Aboriginal People Program:
www.aci.health.nsw.gov.au/networks/ccap

Email: ACI-CCAP@health.nsw.gov.au

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Facts

- > You need to do at least 30 minutes of exercise a day
- > Try and do something you enjoy
- > Walking is a great form of exercise – and it's cheap, you can join a walking group; walk with your family or community.

Remember move it to lose it!

Free services

- > **Get Healthy Service**
Call the 'Get Healthy Service' for free personal telephone coaching to support you with your physical activity goals'. Your free NSW Health service provides the expertise and motivation you need to help reach your goals.
www.gethealthynsw.com.au
or call 1300 806 258
- > **NSW Health Make Healthy Normal**
www.makehealthynormal.nsw.gov.au



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