

Physical Activity Gettin' started



What is physical activity?

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

Regular physical activity helps:

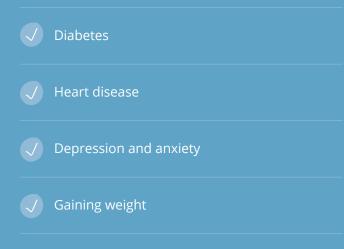
- Improve your circulation
 Improve your muscle strength
- Improve your overall fitness and health
- Helps lower your blood pressure
- Helps control blood glucose for diabetes
- > Improve your cholesterol

Let's get started

- > If you smoke, try and quit
- Set 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:



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

For more information

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

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

