



Physical activity



The facts

Regular physical activity helps improve health in people of all ages. Aim to do at least 30 minutes of moderate intensity physical activity on most, if not all, days of the week.

It is important to do something you enjoy.

Join Heart Foundation Walking. It is fun, free and easy! It will help you keep fit and make new friends. Visit www.heartfoundation.org.au/walking

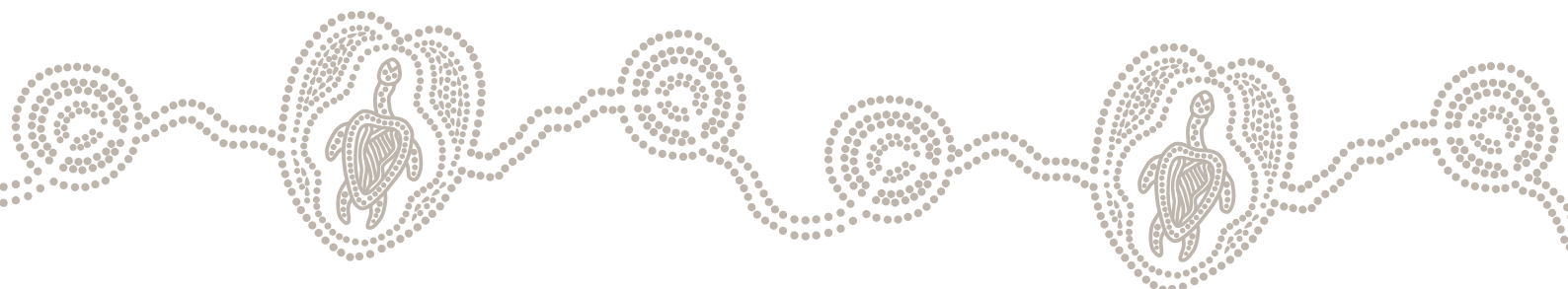
What is physical activity?

Physical activity means exercise such as:

- walking
- gardening
- playing sports
- walking up stairs
- water aerobics
- dancing.

Not being active can lead to:

- heart disease
- overweight and obesity
- diabetes
- high blood pressure.





Benefits of regular physical activity

- Helps build and maintain healthy bones, muscles and joints
- Improves circulation
- Improves overall fitness and health
- Makes you feel good and keeps your weight down
- Helps lower blood pressure
- Helps lower cholesterol
- Helps manage blood glucose for diabetes
- Helps manage depression and anxiety
- Helps manage your weight

Getting started

- Get a check from your doctor, nurse or another health professional before you start any physical activity
- Take a walk around the block with your family, friends or dog
- Do some gardening
- Do some activities with your kids or grandchildren (e.g. play ball, swim or bicycle)
- Walk up stairs instead of taking the lift
- Wear comfortable shoes and loose clothes
- Drink water before exercising
- Do not exercise after a meal or in the heat

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