Have Fun and Get Active

Regular physical activity can help:

* keep your heart and lungs healthy
* maintain strong bones and keep joints moving
* improve strength and balance and help to prevent falls and injuries
* maintain a healthy weight.

Try to do 30 minutes of activity on most days of the week. You don’t have to puff and pant to get active – moderate activity is also good for you. Examples include walking, gardening, golf, bowls, dancing or cycling. Strength and balance activities such as Tai Chi and yoga are also good choices. Any type of activity is good for you, so find one that you enjoy!

It’s never too late to start being active, so follow these steps to start now

* Choose an activity that you enjoy.
* Start out slowly, with five to ten minutes of movement and then build up over time.
* Remember to drink extra water before, during and after being active.

See your doctor for a check-up if you have ongoing health problems.

*Updated July 2019*