

# Have fun and get active

Any type of physical activity is good for you, so find one you enjoy. It's never too late to start being active, so follow these steps to start now.

- See your GP for a check-up if you have ongoing health problems.
- Choose an activity you enjoy.
- Start out slowly, with five to 10 minutes of activity and build up over time
- Remember to drink extra water before, during and after being active.

## Why is regular activity important?

Regular activity can help you:

- keep your heart and lungs healthy
- maintain strong bones and keep joints moving
- improve strength and balance and help to prevent falls and injuries
- help keep your brain active
- stay on your feet, for longer.

## How much physical activity is enough?

Try to do 30 minutes of physical activity on most days of the week. You don't need to puff and pant to have fun and get active – moderate activity is also good for you. Examples of moderate activity include:

- walking or dancing
- housework such as vacuuming or mopping
- outdoor work such as gardening or washing the car
- golf, bowls or cycling.

Strength activities are also good and include carrying groceries and walking up stairs. Aim to do these two or three times a week. Try and include some flexibility (such as heel raises) and balance activities (such as tai chi).

This general advice was accurate at the time of publication (June 2020).  
For more information about physical activity and your individual needs, see your GP  
or an Accredited Exercise Physiologist.