

BEFORE YOU GET STARTED

AUSTRALIAN PHYSICAL ACTIVITY GUIDELINES

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle-strengthening activities on at least 2 days each week.

GUIDELINES FOR GETTING STARTED – BE SAFE

- If you have been inactive for a while, have heart disease, or a close relative with heart disease or if you have other major health problems, or are pregnant, please check with your doctor before starting the activity.
- Choose an activity that you feel comfortable with. For example, swimming may be suitable because the buoyancy of the water supports your body.
- Start slowly. Begin by exercising for about 10 minutes every day. Gradually increase the time and intensity as your fitness improves.
- Don't push yourself too hard. If an activity hurts, decrease the intensity or stop altogether. Pain is a sign that there is something wrong.
- Most people do not have to visit the doctor before being more physically active. However, if you have a chronic health condition (eg. diabetes, heart disease, asthma), you should talk to your doctor before you start a new physical activity regimen.

- Start Slowly and Build Up. Don't go too hard too soon. Start out exercising slowly to allow your body to warm up. Build up your activity slowly over weeks, not days. To avoid muscle soreness and injury, include some light stretching before and after any activity.
- Wear Comfortable Clothes. Wear loose fitting comfortable clothing. Wear supportive shoes- contact a podiatrist if you have specific foot problems or need advice on footwear. Wear a hat and sunscreen if you are out in the sun.
- Drink Plenty of Water. It is important to drink water before, during and after any physical activity even if you do not feel thirsty or are not sweating. Most people need at least 1.5 – 2 litres of fluids each day. Plain water is best.

AVOID EXERCISE WHEN...

1. you have just eaten a meal or had alcohol
2. if you have an illness, such as a cold
3. temperatures are extreme
4. you have diabetes and your blood glucose level is above 15mmol/l

IF YOU FEEL

1. Unusual chest pain
2. You are more breathless than usual
3. Your heartbeat gets irregular or too rapid

Stop exercising immediately and seek medical advice.

* You should always speak to your doctor before you change, start, or stop any part of your lifestyle plan, including physical activity or exercise.