



Why is exercise good for you?

Being active and exercising is important to keep your body and mind happy and healthy.

- » Exercise can stop many health problems and helps keep your weight healthy.
- » If you are an adult aged between 18 – 65 you should be active every day.



Each week you should aim for...

2.5 - 5 hours of moderate intensity exercise

For example go for a walk for 30 minutes, 5 times a week



OR



1.25 - 2.5 hours of high intensity exercise

For example go for a jog for 25 minutes, 3 times a week

AND

Strength exercises
2 times a week



A quick way to test your exercise intensity is using the Talk Test.

When exercising can you...

TALK AND SING COMFORTABLY?

You're probably moving at a **light intensity**.

Examples include general moving around the house such as getting up to make a cup of tea, walking to the mailbox, vacuuming, etc.



TALK COMFORTABLY BUT NOT SING?

It's likely **moderate intensity** exercise.

Examples include walking fast, water aerobics, riding a bike, hiking, etc.



NOT TALK OR SING COMFORTABLY?

You're working hard at a **high intensity**.

Examples include jogging or running, fast swimming, riding a bike or hiking up hill, etc.



What is strength training?

Strength exercises are important as they help make your muscles and bones strong and healthy.

- » Strength exercises use weight to put pressure on your body.
- » You can do strength training using your own body.

Examples include:

- » Push-ups
- » Squats
- » Lunges
- » Lifting weights
- » House-work tasks that involve lifting, carrying, or digging



How do I start exercising?

Making some small changes can make a big difference to your health.

Remember, any exercise is better than nothing. Start small and just try and include a little bit of movement into your day.

- » Walking to the shops or to your appointments
- » Using free exercise equipment in the park to move your body
- » Taking the stairs instead of the lift or escalators at the shops
- » Cleaning and tidying the house
- » Playing a game outside with friends and family
- » Gardening



TRY THIS

Every 30-45 minutes, try to stand and walk a little to get your body active.

You should also try to **not sit for a long time**.

Before you start exercising

Before you start adding more exercise to your life, make sure to talk to your doctor first.

You can also talk to an exercise expert who can help. You should talk to an Accredited Exercise Physiologist.

To find an Accredited Exercise Physiologist, you can search for one here: www.essa.org.au/find-aep or talk to your support worker, family or friends who can help find one for you.

Sometimes exercise can make our bodies feel a bit uncomfortable and that can be completely normal. Exercise can also make us ‘huff and puff’ a lot more than usual and it is ok.

What is not ok is if you feel any strong pains, feel dizzy or have any pain in your chest. You should stop exercising if you feel this.

