TIPS FOR STAYING ACTIVE

How Much Physical Activity Do You Need?

10-minute bouts of physical activity at a moderate or vigorous intensity three times a day on most days of the week will give you all the physical activity you need for the health benefits listed below!

Benefits of Moving More

- Enhanced mental health and wellbeing
- Regular sleep patterns
- Reduced stress, anxiety and depression
- Improved mood and self-esteem
- Better concentration, learning, memory and attention
- Higher productivity levels

Get Started

You don’t need to be an athlete or have a gym membership to be physically active. In fact, you don’t even have to leave the house! Here’s how you can get started:

1. **Get on schedule.** Finding time to get active when balancing a busy schedule and other areas of life can be challenging, but try to work physical activity into your schedule. You can use this Activity Planner to get personalised tips to help you stay motivated.

2. **Start slowly and build up gradually.** As your stamina increases, add on to the amount of time you spend on physical activity.

3. **Listen to your body.** If you feel pain, shortness of breath, dizziness, or nausea, take a break. You may be pushing yourself too hard through your exercise.

Stay Motivated

Choose an activity you enjoy so you can commit to doing it.

1. **Plan your workouts.** Outline your workout in your calendar, and plan what activity you will be doing that day.

2. **Pay attention to your energy cycle.** Some people have more energy in the morning than in the evening. Schedule your physical activity for when you feel most energized.

3. **Mix up your workout schedule.** Switch up activities by season or day of the week. The diversity in activities will keep your routine engaging.

4. **Track your progress.** Logging your steps and physical activity can help keep you motivated.