

# 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.