

FACT SHEET

All patients in HNE Health hospitals are asked about their health habits. By having good health habits you can lower your chance of disease and improve quality of life.

Act now and get your body moving.

Be active on most days of the week

Aim for at least 30 minutes of moderate physical activity. This is anything that makes you breathe harder or increases your heart rate.

You don't even need to do it all at once - you can make it up in 10 minute lots.

Try these activities

Bike riding, brisk walks, swimming, dancing or gardening to get your body moving and your heart pumping.

Improve your balance

Your risk of getting injured from having a fall increases with age. Reduce this risk by doing regular physical activity that challenges your balance.

This includes any exercise where you stand on one leg or with your feet close together but you do not use your arms.

These exercises are included in:

- Tai Chi groups
- Active Over 50s (ph: 1300 88 77 76)
- Heartmoves (ph: 1300 36 27 87)
- Some other gentle exercise groups

Get your body moving

Some tips to get your body moving

- Choose activities that you enjoy
- Find a friend to do physical activity with
- Try a variety of activities
- Plan your day around physical activity
- Start off with small amounts, every little bit will help develop a good habit!

Go to the quiz on the back

See what support you may need based on your current levels of activity.



Call Get Healthy on 1300 806 258 (local call cost)

You can be sent a free information booklet or join the free phone based coaching program (up to 10 sessions).



Go online

www.gethealthynsw.com.au

www.measureup.gov.au

www.healthyactive.gov.au

Physical Activity

Physical Activity Readiness Quiz

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know of <u>any other reason</u> why you should not do physical activity? |

Instructions:

Answer Yes or No to each of the questions

What your answers mean:

If you answer yes to any questions, talk to your GP before you start becoming more active.

If you answer NO to all questions, you can be reasonably sure that you can start becoming more physically active – begin slowly and build up gradually. This is the safest way to go.