

# Get Active - Get Healthy!

It's as easy as...

- Taking the stairs instead of the lift
- Getting up each hour to grab a glass of water
- Getting up to talk to work mates rather than sending email
- Helping work mates with routine manual labour tasks
- Conducting 'walking meetings' where practical
- Taking a 10 minute brisk walk-break
- Participating in lunch time or out-of-hours activities
- Parking your vehicle a 5min walk away from work
- Taking public transport & getting on a stop later &/or off a stop earlier
- Walking or cycling all or part-way to/from work



[www.healthpromotion.com.au](http://www.healthpromotion.com.au)

**Q4: THE Coast in Motion**  
**Measure Up 4 Health**

**Live Life well**

**NSW HEALTH**  
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**CENTRAL COAST**  
AREA HEALTH SERVICE

