

## Physical Activity Tips

### **Moderate intensity physical activity – in bouts of 10 minutes or more**

- ♻ Mow the lawn (not on a ride on!)
- ♻ Walk or cycle short distances instead of driving
- ♻ Walk briskly before breakfast, during lunch or after dinner
- ♻ Walk all or part of the way to your favourite café, restaurant, beach or shop
- ♻ Take a weekend bushwalk & picnic
- ♻ Walk the oval at your child's sport training
- ♻ Dig a vege, herb or flower garden
- ♻ Play backyard games with your kids
- ♻ Join a team- indoor soccer, basketball, tennis, volleyball, canoeing, running
- ♻ Try dancing lessons-salsa, ceroc, ballroom

### **Be active every day in as many ways as possible – (any other physical activity you do at work, home or when out and about)**

- ♻ Try using public transport for some or all of your journey eg to sporting events, other outings or to & from work.
- ♻ Walk 1 or more flights of stairs instead of the lift
- ♻ Walk the escalator
- ♻ Park a 5 minute walk from your workplace, shop or cafe
- ♻ Bucket your shower or bath water onto your garden or lawn
- ♻ Get up from your work desk hourly for a drink of water or a stretch

### **Limit TV/DVD viewing to no more than 2 hours daily**

### **Combine regular physical activity with healthy food choices**

\***Moderate** intensity = any activity (in bouts of 10 mins or more) that increases your heart rate & breathing. Eg brisk walking, cycling. Moderate intensity physical activity is the minimum level needed to reduce risk factors.

\*\* **Vigorous** = any activity resulting in puffing & panting, eg jogging, team sports. Vigorous physical activity provides additional health & fitness benefits.

**Need advice about maintaining healthy weight?**

**For confidential, free information & coaching phone 1300 806 258 (cost of a local call) & visit [www.getthehealthynsw.com.au](http://www.getthehealthynsw.com.au)**

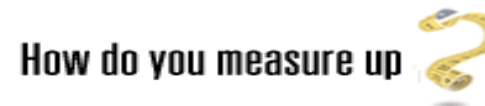


## Parent's Pedometer Challenge

Whilst we are busy getting on with life it's easy to slip into patterns of unhealthy eating and insufficient physical activity! For some parents this may result in a waist measurement a little on the large size! This can contribute to an increased risk of serious conditions such as heart disease, type 2 diabetes and cancer.

### **Your challenge is to:**

- 1. Use your 'How do you measure up?' tape measure & booklet to measure your waist & check your risk.** Small increases in physical activity can help to improve health & reduce risk. A pedometer can help to motivate you and keep track of your physical activity. If you can't find your 'How do you measure up?' booklet, visit [www.healthpromotion.com.au](http://www.healthpromotion.com.au) for links to all campaign resources.
- 2. Determine your 'starting point' (usual daily step tally).** Without changing what you usually do, wear a pedometer for a day to find out how many steps you take. Start the tally upon waking, & continue until bedtime. Record your steps on the next page in the 'starting point' column.
- 3. Aim to put together at least 10,000 steps each day-** The 10,000 steps should include some moderate\* intensity physical activity (3000 steps or more) plus other activity you accumulate throughout the day at work, at home or out ('incidental' activity). If your waist is in the 'increased risk' range, you may need to build up to 12,000 to 15,000 steps each day. For pedometer information visit [www.10000steps.org.au](http://www.10000steps.org.au)
- 4. Wear the pedometer each day** for a week & record your step tally every day. If your starting point was less than 10,000 steps, aim to increase your activity by small amounts over time. See the back page for physical activity tips.
- 5. For health benefits put together at least 30 minutes of moderate\* intensity physical activity on most, preferably all days.** Roughly 10 minutes of any moderate intensity physical activity = 1000 steps. For extra health & fitness benefits include vigorous\*\* physical activity a few times each week *if you are able*.
- 6. Be active every day** in as many ways as possible, and reduce sedentary time whenever possible.
- 7. Return your pedometer to the school**
- 8. Keep up the good work after the challenge!**



**Australian Better Health Initiative**  
A joint Australian, State and Territory government initiative.

## Parent's Pedometer Challenge- Tally Sheet

### Using your pedometer

1. Upon waking, place it on your waistband in line with your knee.
2. Set it to zero & wear it all day. Keep it dry!
3. View your total steps before bed & record them below.

	PHYSICAL ACTIVITIES I DID (optional to record)	TOTAL DAILY STEPS	YOUR COMMENTS (optional)
<b>Example - Starting point (what you usually do)</b>	🚶 Brisk walk 20 minutes before breakfast 🚶 General movement around office/work	<b>3500</b>	
<b>Example: Monday</b>	🚶 Brisk 40 minute walk after work	<b>4000</b>	
<b>Your 'Starting point' step tally</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

### HOW MANY STEPS EACH DAY ARE ENOUGH?

0-5000 – Not active enough	5000-9999 – somewhat active	10,000 active	12,000- 15,000 highly active
Uh Oh! Try increasing planned & incidental activity	Almost there! A small 'top up' needed!	Well done! You've reached the goal!	Fantastic! Recommended for weight loss

Useful websites: [www.healthpromotion.com.au](http://www.healthpromotion.com.au) [www.getthehealthynsw.com.au](http://www.getthehealthynsw.com.au) [www.10000steps.org.au](http://www.10000steps.org.au) [www.measureup.gov.au](http://www.measureup.gov.au)