

Getting Physical !

No matter what your age, weight, health problems or abilities, you should try and do some form of physical activity. The recommended goal is 30 minutes of moderate physical activity on most days of the week. "Activity may not add years to your life (it might) but it will certainly add life to your years."



Why is Physical Activity so Important?

It makes you look and feel better by -

- ◆ giving you more energy
- ◆ helping you sleep better
- ◆ helping you to relax
- ◆ helping you to meet people & make friends
- ◆ being fun
- ◆ toning your body

It is good for your mind and can -

- ◆ reduce stress and anxiety
- ◆ improve concentration
- ◆ improve self-confidence & sense of wellbeing
- ◆ lift your mood & reduce feelings of sadness

It is good for your body and can -

- ◆ help to control weight (& reduce body fat), blood pressure, diabetes, cholesterol, bone & joint problems
- ◆ reduce your risk of heart disease, stroke and some cancers
- ◆ help to manage pain
- ◆ help to maintain and increase joint movement
- ◆ help to prevent falls and injury

"You can't turn back the clock but you can wind it up!"

This information has been reprinted from "Choose Health: Be Active" brochure by the Department of Veteran's Affairs

Excuses ... & how to overcome them

◆ I don't have the time	Make it a priority; make time. Get into a simple routine. Take every chance you can to be active, even if it's only for a few minutes – do exercises while waiting for the kettle to boil or while watching TV.
◆ I'm too tired	Once you get started, you will have more energy and feel less tired.
◆ I have a health problem and exercise might make it worse	Most health problems can be helped by activity. Talk to your doctor – they may be able to write an 'activity prescription' for you.
◆ I might get injured	If you walk or swim it is unlikely that you will get injured.
◆ I can't afford it	Try to find an activity that is free – like walking or riding a bike.
◆ I have no-one to do it with	Persuade a relative, neighbour or friend to be active with you. Join an activity, sport or walking group. Take out a gym membership.
◆ It's too hot/cold	Get up early to beat the heat or walk in an air-conditioned shopping centre. If it's cold, rug up.
◆ I'm too old	You are never too old – there is always something you can do.
◆ There's nothing to do where I live	Be active around your home – do exercises at home.
◆ I don't have transport	Walk to and from places (the shop, letterbox or a friend's house).
◆ I'm afraid I will wear out	You will wear out more quickly if you do nothing.
◆ I've never been the sporty type	You don't have to play sport to be active – try gardening, dancing, walking or exercise to music.

Free Stride & Stretch - Fitness & Fun

Stroll-Walk-Stride at your own level, then finish with a complete, all body stretching session (sound advice and guidance given at all sessions). Meet at Head Street Oval - Bring towel for stretching on grass after the walk

Every Wednesday Evening - Start 5.30pm & finish by 6.30pm

For further info please ring Noel Harris on 8952 3491 or 0428 523 491