

FACTS ABOUT PHYSICAL ACTIVITY



OVER $\frac{1}{3}$

of Western Australians do not do enough moderate or vigorous intensity physical activity for good health.

MOVEMENT IS THE BEST MEDICINE

Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.



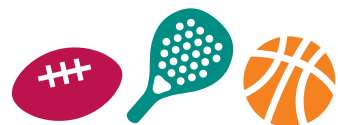
To stay healthy, do strength exercises on at least

2 DAYS EACH WEEK

Calf raises, squats, push-ups, yoga, pilates and weights all count.



SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!



BOUNCE, PASS AND THROW!

People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.

GET MOVING AFTER MEALS

Doing light-intensity activity like walking after you eat improves blood sugar control.



WATCHING OVER 5 HOURS OF TV EACH DAY

is linked to weight gain and higher body fat, even if you are doing moderate exercise.



GET ON THE HEALTH TRAIN

Using public transport can boost your physical activity level by around **12 to 15 minutes per day**, which is almost half way to meeting the minimum level recommended for good health!

For more information, visit www.livellighter.com.au

DID YOU KNOW?

Climbing stairs is a similar intensity to cycling or jogging, which uses around eight times the amount of energy the body uses when resting.



For good health, each week aim for:

2h30min-5h of moderate physical activity; or

1h15min-2h30min of vigorous physical activity;

OR an equivalent combination of both.

The more intense your activity, the greater the benefits!

SIT LESS 43%



of Western Australian adults spend most of their day sitting.

Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible!