

Getting active at home

Tips on how to build physical activity into your day



Regular physical activity plays an important role in maintaining and improving good physical and mental health. National guidelines recommend that healthy adults (18-64 years old):

- ✓ Are active on most days or every day – every little bit adds up
- ✓ Do 30 minutes of moderate exercise every day, or between 2.5 and 5 hours over the week.
- ✓ Do muscle strengthening exercise on at least 2 days of the week



Get walking!

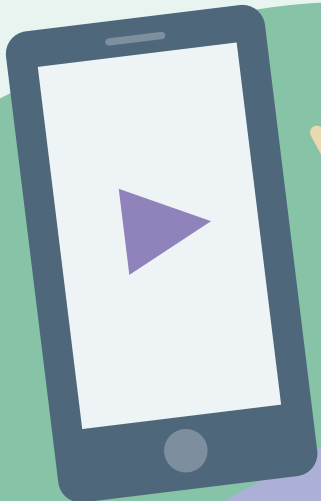
- Walking is the most popular way for people of all ages to get active. The 2019 Active Living Census found that more than 1 in 5 people (21.3%) walk for exercise
- Enjoy some time outdoors by walking in your neighbourhood, local park or bush reserve

Get creative for your strength work-out

- You can use items lying around your house to help with your workout. With a little creativity a towel or two can be your exercise mat or a backpack loaded with a few items can provide you with just the right weight resistance
- Use your body weight! Exercises like squats, push-ups, sit-ups and lunges, can all be done indoors.

Get inspired online

- Youtube offers a wide array of free guided activity videos for all ages and abilities. Here are some ideas:
 - Dance workouts for everyone
 - Yoga or Tai Chi
 - Chair based exercise and stretching
 - Strength training classes
 - High-intensity interval training (HIIT)





Limit the time you spend sitting down

- Do some strength exercises to break up time spent sitting at your desk, reading or watching TV
- Working from home?
 - Stand while you read documents
 - Walk around your home while you are on a conference call, a 'walk and talk' meeting!
 - Set an alarm on your computer or phone to remind you to stand up and move every 30 minutes or at least once an hour
 - Take short active breaks throughout the day – short bouts of physical activity will add up to the weekly recommendations.

Involve the whole family!

- Take a footy, netball or soccer ball down to the local park with your kids
- Dance more – share your favourite music with your family. You could even learn a TikTok dance and share it with your friends and family
- Play games like hide and seek or build a fort
- The floor is lava. Go!
- Get gardening and start ticking off those home and yard maintenance tasks you have been putting off
- Use chalk to create footpath activities for you and your neighbours, for example hopscotch



Stay safe

- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you
- Be mindful of your own experience and limitations when trying something new
- Any physical activity is better than none. Start small and gradually increase duration, frequency and intensity
- Ensure you follow current State Government advice on COVID-19 physical distancing and always practice good hand hygiene.



*Most importantly, have fun
and enjoy getting active!*

More information

 @Healthy Heart of Victoria



The Healthy Heart of Victoria initiative is supported by the Victorian Government

