Get physical for better health

Overview

Compared to the experience of previous generations, modern life for many is increasingly sedentary (inactive, with prolonged sitting time). Together with an increased reliance on cars for transportation, leisure activities have become more sedentary in nature, and many workplaces require people to sit for long periods of time. Sedentary behaviour may contribute to excess weight gain and chronic diseases such as type 2 diabetes, heart disease and certain types of cancers.¹

Regular physical activity can:
- help prevent heart disease, stroke and high blood pressure;
- reduce the risk of developing type 2 diabetes and some cancers;
- help build and maintain healthy bones, muscles and joints reducing the risk of injury; and
- promote psychological well-being.

People can improve their personal health and wellbeing by following these key messages and improve the health and wellbeing of their local community by sharing these messages where they live, learn, work and play.

Key messages

1. Think of movement as an opportunity, not an inconvenience, where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.
2. Just get moving! Any increase in physical activity will make a difference.
3. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days. You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness.
5. Walking is an ideal exercise, especially for beginners. It is free, easy to perform and doesn’t require any special training or equipment apart from a good pair of shoes and a hat for sun protection.
6. You may be more likely to commit to a physical activity routine if you are doing it with someone else, because you don’t want to let your training buddy down.

¹VicHealth Indicators Survey 2011