

What is Active Living?

Active Living is simply about being more physically active in your everyday life.

What is Physical Activity?

"All movements in everyday life, including work, recreation, exercise, and sporting activities"

World Health Organisation.

What do the experts say?

"People of all ages should include physical activity in their everyday lives."

American Heart Association

Why?

What are the Benefits of Active Living?

- ♥ Reduces the risk of dying from Heart Disease and Stroke
- ♥ Reduces risk of premature death
- ♥ Reduces the risk of developing some Cancers including colon cancer
- ♥ Reduces the risk of developing Type II Diabetes
- ♥ Helps control blood pressure and cholesterol
- ♥ Builds strong muscles and bones
- ♥ Reduces stress and depression – releases endorphins
- ♥ Helps with relaxation
- ♥ Regulates sleeping patterns
- ♥ Helps maintain a healthy weight
- ♥ Builds good lifetime habits in children
- ♥ Encourages independence and quality of life in older adults

How can I become more active?



All Activity Counts:

- ◆ Walk the dog
- ◆ Play with your kids
- ◆ Do active housework
- ◆ Dance to the telly or the radio
- ◆ Sweep the footpaths

How Much, How Hard, How Often?

- ◆ Children should – add up to at least one-hour moderate intensity, most days of the week.
- ◆ Adults should – add up to 30 minutes, moderate intensity, most days of the week.
- ◆ Weight loss – 60-90 minutes moderate intensity, most days of the week.

What's Moderate Intensity?

Increase in breathing and heart rate and a “warmed up” feeling in your body.
- Use the “Talk Test”

Summary Guidelines

How Often?	Most, preferably all days of the weeks
How Hard?	Moderate intensity
What Type?	Aerobic exercise - Examples? - Also Strengthen & Stretch
For How Long?	Add up to 30 mins or more per day

Plan to be Active Everyday.

- ◆ If in doubt check with your doctor.
- ◆ Be Active every day
- ◆ Wear suitable footwear and clothing.
- ◆ Drink water.
- ◆ Always allow time to warm -up and cool down
- ◆ Follow the guidelines.
- ◆ Stick with it - How?

