

# Everyday movement



**BETTER HEALTH CO.**

# Benefits of being active

Physical activity is when we are moving our bodies, and are using more energy than when we are resting or relaxing.

Everyone can benefit from being active. Besides from being good for our health, physical activity can be good for lots of other things too.

## Benefits of physical activity

- Fun to do with friends or family
- A chance to meet new people
- Improve concentration
- Strong muscles and bones
- Improves balance and flexibility
- Prevent injuries
- Boosts energy levels and confidence
- Feel good and improve mental health
- Build on teamwork skills
- Help us live for longer



*How do you like to move your body? Write down all the ways you enjoy to be physically active here. Then write down what you like about it.*

# Clocking up activity time

Did you know that we can be physically active at different intensities? Think of activity intensity like a scale.



Light intensity



Moderate intensity



Vigorous intensity



**Light intensity activity** is when you're active without thinking about it, such as when you're strolling around the garden, getting dressed or stretching.



**Moderate intensity activity** is when you are putting in some effort, but it is not strenuous, such as bike riding or going for a brisk walk.



**Vigorous intensity activity** is when you are out of breath and sweating, such as jogging, star jumping or doing sit ups.



Intensity of different activities will depend on individual fitness levels. A quick and easy way to measure the intensity of your activity is the 'talk test'. If it's difficult to talk while doing an activity, it's vigorous intensity.

# Clocking up activity time

The amount of physical activity we need to do each day depends on our age.

## 0 - 12 months

**Aim to be active several times a day, including at least 30 minutes of tummy time over the day while awake, moving their arms and legs.**

Examples of activity

- Floor-based play
- Reaching and grasping for objects
- Crawling
- Pulling up to standing
- Walking or attempting to



## 1 - 5 years

**Aim for 3 hours of activity, every day achieved through play. 3 - 5 years should also include at least 1 hour of energetic play.**

Imaginative play involves pretend and make-believe games.

- Dress ups
- Story telling
- Teddy bear picnics
- Treasure hunts

Creative play involves using hands and minds to build and create.

- Colouring
- Playing with blocks
- Painting
- Making music with pots and pans

Energetic play involves whole body movements.

- Running
- Playing ball games kicking, throwing and jumping
- Dancing
- Skipping



## 5 - 17 years

**Aim for 60 minutes of moderate to vigorous intensity activity every day. Include muscle and bone strengthening activity 3 days a week.**

Examples of activity

- Running
- Climbing
- Swinging on monkey bars
- Push-ups
- Sit-ups
- Lifting weights
- Yoga or Pilates



## 18 - 64 years

**2.5 to 5 hours of moderate intensity physical activity** – such as a brisk walk, golf, mowing the lawn or swimming **Or**

**1.25 to 2.5 hours of vigorous intensity physical activity** – such as jogging, aerobics, fast cycling, soccer or netball **Or**

**an equivalent combination of moderate and vigorous activities.**

Include muscle and bone strengthening activities on at least 2 days each week.

- Push-ups
- Pull-ups
- Squats or lunges
- Lifting weights
- Household tasks that involve lifting, carrying or digging



## 65+ years

**Aim for 30 minutes of moderate intensity physical activity on most, preferably all, days.**

Moderate intensity activities

- Brisk walking
- Swimming
- Cycling
- Yard and garden work

Strength activities

- Lifting and carrying (for example, groceries or small children)
- Climbing stairs

Flexibility activities

- Tai chi
- Stretching exercises
- Yoga

Balancing activities

- Side leg raises
- Half squats
- Heel raises



## People living with a disability

If you are living with a disability or chronic medical conditions, how you stay active may depend on your ability. Try to meet the physical activity recommendations for your age group and do activity that is appropriate for you.

Speak with your doctor before starting anything new, then start slow, and build up over a few weeks. Stop any activity and speak with your doctor if you experience any pain, discomfort, nausea, chest pain or shortness of breath.



## Pregnancy

If you and your baby are healthy, you should aim to meet the physical activity guidelines for adults.

### Safety precautions

As your pregnancy progresses and your body changes, you might have to modify your physical activity. Avoid any activity that:

- Has a high risk of falling or collision.
- Requires heavy lifting.
- Has significant changes in pressure (such as sky diving or scuba diving).
- Gives you pain or discomfort.



### Returning to pre-pregnancy activity

The timing of resuming physical activity after childbirth is different for everyone. A gradual return to recommended levels of activity is generally safe after your six-week postnatal health check, but this might vary depending on your individual circumstances.



*How do your current activity levels compare to the recommendations? Write your thoughts in the box below.*

# Physical activity wheel

We should try to incorporate different types of physical activity into our day, but we don't need to include all these types of activities every day. Including a range of different types of activities that we enjoy can make it easier to reach the recommended amount of physical activity.



### Free time activities

These are the activities we do in our free time, where we can relax and do something we enjoy.

Examples include:

- Surfing.
- Golf.
- Bowling.
- Woodwork.
- Dancing.
- Squash.
- Gardening.
- Tai chi.



### Active transport

When we talk about active transport, we're talking about walking, riding and scooting around to move from place to place.

Examples include:

- Walk or ride your bike for short trips instead of driving.
- Use the stairs instead of the lift or escalator.
- Get off the bus or train one stop earlier and walk the rest of the way.
- Park further away from your destination and walk or ride.
- Walk or ride to the park to eat lunch.

### Everyday movement

This is almost like accidental activity. It's little things we do throughout the day to keep moving.

Examples include:

- Chores like sweeping, vacuuming, mopping at home.
- Making the bed.
- Unpacking the shopping.
- Gardening.





## Organised activities

Organised activities are those that we've booked in to do with a group, club or fitness centre. These activities are a great way try new activities to enjoy and meet new people.

Examples include:

- Fitness classes at gyms, yoga or pilates studios.
- Dance or drama classes.
- Sports (like soccer, football, basketball, netball, volley ball, tennis or swimming).
- Running, cycling or swimming groups.
- Martial arts.



## Strength activities

These are activities that strengthen our muscles and bones, also known as resistance exercises. Adults should also do these at least two days per week.

Examples include:

- Push-ups or pull-ups, squats or lunges.
- Lifting weights.
- Lifting and carrying (for example, groceries or small children).
- Garden work (for example, digging and shifting soil).
- Aerobics or water aerobics.
- Pilates or yoga.

## Social activities

Doing something active with family or friends. When catching up with family or friends, turn it into something active. Who doesn't love to walk and talk?

Examples include:

- Playing in the backyard.
- Going for walks with others.
- Going to the park with others.



# Things that get in the way of being active



So, we know why it's important to be active, but sometimes things can get in the way that may make it hard to be active. Tick some of the solutions you might like to try below.

## Little or no outside space

- Get involved in an organised sport.
- Try indoor activities or home workouts.
- Organise activities with friends or family.



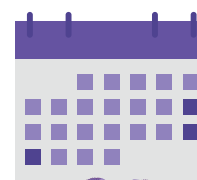
## Don't enjoy activity

- Get creative with new ideas and activities you haven't tried before. Try gardening, hiking or stand-up paddle boarding.
- Make it social. Try a new activity with a family member or friend.
- Give fitness videos or apps a go and train at home or at a park.



## Don't have time

- Plan activity so it becomes part of your daily and weekly routine, try walking to the shop or putting a note on the fridge to remind yourself.
- Keep activity equipment and clothing in the car so you can be active anytime, anywhere.
- Make plans with family or friends and motivate each other when you're busy.
- Breaking activity into smaller time blocks e.g. 10 minutes at a time.



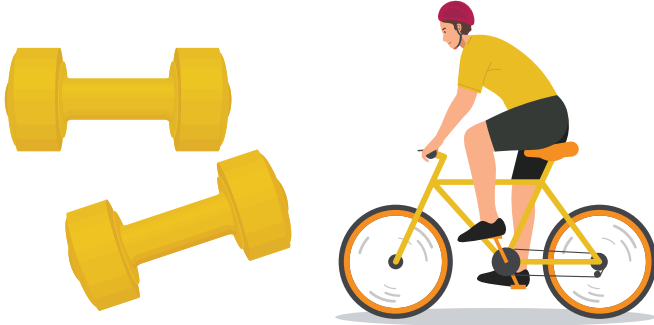
## Living with a disability or medical condition

- Start slow with low impact activities like a short walk and build up over a few weeks.
- Find others with similar disability or condition to be active together.
- Speak with a doctor, or health professional like an exercise physiologist for guidance on activity ideas.



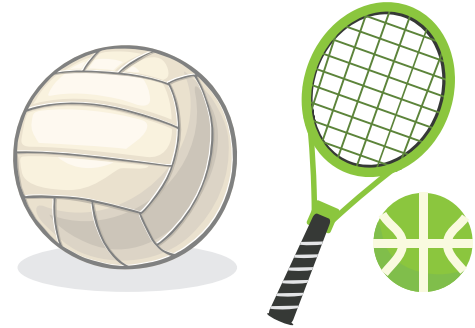
### Being active is costly

- Go to the park or look out for free trials to fitness classes and gyms.
- Try walking and riding to get to places, or going for a walk or bike ride on the weekend.
- Share or borrow activity equipment from family or friends.



### Not a priority

- Reflect on how to make moving your body a priority.
- Leave activity equipment in places that are visible as a reminder.
- Do something active with friends or family and motivate each other.



*Write down what you might like to try to help you be more active in the space below.*

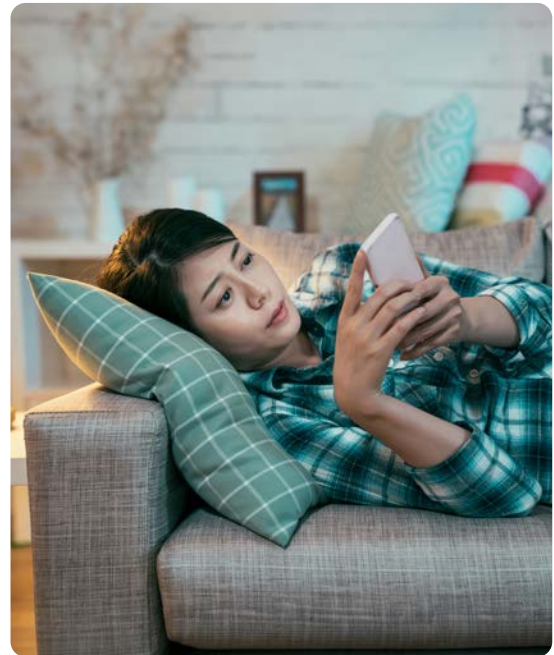
# Sedentary activity recommendations

Sedentary activity is also known as sitting time, or any activity we do when we are sitting or lying down. Spending time on screens such as TV, computer, tablet, or phones is a common activity we do when we are sedentary.

When we spend less time on screens this, we can have more time to be active.

Apart from helping us be more active, spending less time on screens can also help:

- Improve our sleep.
- Regulate our appetite and eat at regular times.
- Give us more time to spend with family and friends.
- Improve our mood and concentration.



## Sedentary activity recommendations

**0 - 1  
years**

### No screen time

It's recommended that no screen time is allowed for children under two years. Also, time spent sitting should also aim to be no more than one hour at a time (such as in a stroller, car seat or high chair).

**2 - 5  
years**

### No more than 1 hour

It's recommended that preschoolers spend no more than one hour in front of screens each day.

Also, aim to avoid restraining preschoolers for more than one hour at a time (such as in a stroller, car seat or high chair).

**5 - 17  
years**

### No more than 2 hours

It's recommended that children and young people spend no more than two hours in front of a screen, for leisure, each day.

'Leisure' means during free time; it doesn't include the time spent in front of a screen doing schoolwork or homework.

**18+  
years**

### It's recommended that adults:

Minimise the amount of time spent in prolonged sitting.

Break up long periods of sitting as often as possible.

# Screen time calculator

Do you know how much time you typically spend on screens during your free time, each day?

You can do this activity for yourself or another family member.



Circle your answer for each of the questions to estimate how much time you typically spend on different types of screens each day during your free time. This is not including the time you spend on a screen for school or work. When you get to the end, you can add up the hours to estimate how much time you may typically spend on screens each day.

Q1. On a typical week day, how many hours do you spend in front of a television screen during your free time?



Less than 1 hour	1 hour	2 hours
3 hours	4 hours	5+ hours

Q2. On a typical week day, how many hours do you spend in front of a computer screen during your free time?



Less than 1 hour	1 hour	2 hours
3 hours	4 hours	5+ hours

Q3. On a typical week day, how many hours do you spend on a tablet or gaming device during your free time?



Less than 1 hour	1 hour	2 hours
3 hours	4 hours	5+ hours

Q4. On a typical week day, how many hours do you spend on a mobile phone during your free time?



Less than 1 hour	1 hour	2 hours
3 hours	4 hours	5+ hours



**How do your 'total hours' of screen time compare to the recommendations for your age?** How do your responses differ on a week day versus a weekend? It's okay if this number is more than the recommendations. This can be something you work towards gradually.

# Screen time busters

A great way to spend less time on screens is to think of something else to do instead. Thinking of ideas of things to do ahead of time can help you meet the sedentary activity recommendations.



Write some activities you might like to try instead of spending time on screens in the space below.

## When feeling bored

- Decide on set times each day when screens can be used.
- Create an activity box or list of activities to choose from when bored.
- Think about starting a new hobby.
- Plan activities in advance so that there is less time for screens.
- Organise something active to do with family or friends in advance.
- Turn household chores into an activity like doing the laundry or cleaning up after dinner.



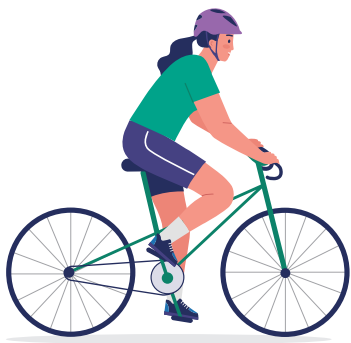
## When the weather is bad

- Try indoor activities or home workouts.
- Get wet weather ready – with raincoats, umbrellas and boots!
- Organise water based activities when it's hot!



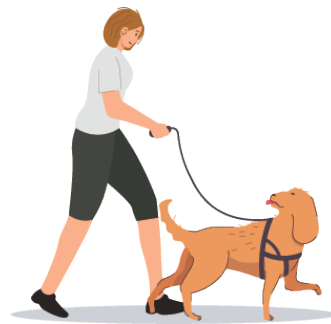
### Sitting when travelling

- Walk or ride to get to places for short trips.
- Schedule breaks for longer trips where you can get out to stretch your legs.
- Walk to the train or bus station instead of driving.
- Stand on the bus or train instead of sitting.
- When you arrive at your destination consider parking further away and walking the last bit.



### At school or work

- Break up long periods of screen time with a walk.
- Encourage walking or standing meetings.
- Stand while you read or do simple tasks.
- Take your lunch break outside or in another location instead of sitting and eating at your desk.
- Fit in a lunchtime walk with friends or colleagues.
- Plan some time to be active before and after school or work.
- Use a standing desk (if available).



### In evening, after dinner and before bed

- To start, allocate some evenings in the week for screen time and others to doing something active or a relaxing screen-free activity.
- Read a book instead.
- Relax listening to music or a guided meditation.
- Work on a puzzle, knit or draw.
- Go for an evening walk.
- Cook dinner and turn cleaning up afterwards into an activity.
- Use that time to make breakfast and pack lunch for the next day.
- Play a game after dinner, like cards or board games.
- Have planned screen free activities or projects to do at night.
- Stick to one episode each evening and turn the TV off after it ends.
- Set limits on devices like phones and tablets.



# Getting enough Zzzz's

It's important to get good quality sleep each night to help:

- Support our immune system to work, which helps the body to fight sickness.
- Our muscles, skin and bones to repair.
- The brain to remember, solve problems, think of new ideas, be creative and pay attention.
- Improve mood and get along with others.
- Give us more energy to be active.
- Stick to healthy eating routines and make healthier food choices.

What happens if we don't get enough sleep?

- Leaves us feeling sluggish, tired, forgetful, and irritable.
- Makes it tricky to make decisions or concentrate.
- Makes us feel sleepy during the day from a lack of sleep.
- Can make it harder to stick to healthy habits.



So... how much sleep do we actually need each night?

0 - 3 months

14 - 17  
hours\*

4 - 11 months

12 - 16  
hours\*

1 - 2 years

11 - 14  
hours\*

3 - 5 years

10 - 13  
hours\*

5 - 13 years

9 - 11 hours

14 - 17 years

8 - 10 hours

Adults (18+)

7 - 9 hours



These recommendations are just a guide. We may need slightly more or less than is recommended for our age - but it's a good place to start!  
(\* Ages 0 - 5 years may include naps.)




# Sleep calculator

Do you know how much sleep you are getting each night?


You can do this activity for yourself or another family member.



Circle the time you usually go to bed each night and then circle the time you usually wake up each morning. Count the hours between those two time points to estimate the number of hours of sleep you are getting each night.

 I go to bed at:

6 pm	6.30 pm
7 pm	7.30 pm
8 pm	8.30 pm
9 pm	9.30 pm
10 pm	10.30 pm
11 pm	11.30 pm
12 am	12.30 am
1 am	1.30 am

 I wake up at:

4 am	4.30 am
5 am	5.30 am
6 am	6.30 am
7 am	7.30 am
8 am	8.30 am
9 am	9.30 am
10 am	10.30 am
11 am	11.30 am

## How to get better quality sleep?

- Being active during the day will help improve quality of sleep at night, especially moderate to vigorous activity.
- Try to turn screens off one hour before bedtime and try a quiet screen-free activity like reading a book instead.
- Avoid meals just before bed. Try to leave a few hours between dinner and bedtime.
- Aim for a consistent bedtime routine and morning routine, sleep and wake times.
- Make sure your room is not bright. Dim the lights and create a comfortable sleep environment.

# Putting this into practice

Below is a list of suggested SMART goals that you may choose to work on.



Tick ✓ the goals you would like to work on right now and cross ✗ the goals you don't need to work on right now. Then, select two to three goals to work on at a time. Or write your own goals in the section below. Remember, goals can be adapted to be easier or harder, so they are suitable for you and your current situation.

## SMART Goal suggestions

- Walk or ride to get to places at least twice this week.
- Swap one hour of screen time with something active at least three times this week.
- Create a game or obstacle course and do it at least twice this week.
- Think about a local activity or group that you might like to join and find out more information about it this week.
- Try a new organised activity with a group, club or fitness centre once this week.
- Do an extra 30 minutes of activity (or more) every day this week.
- Go to bed in time to get enough sleep for at least five nights this week.
- Wake up at a consistent time at least five mornings this week.
- Organise a social activity to do with family or friends at least once this week, like going for a walk or going to the park.
- Do 60 minutes of everyday movement activities like gardening, unpacking the shopping, or chores twice this week.
- Do strength activities (resistance exercises) like running, climbing, lifting weights or an exercise class at least twice this week.
- Turn screens off one hour before bedtime and try a quiet screen-free activity like reading a book instead every day this week.
- Get off the bus or train one stop earlier and walk the rest of the way twice this week.
- Set time limits on devices like phones and tablets and stick to them at least three times this week.
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**My goals to work on are:**