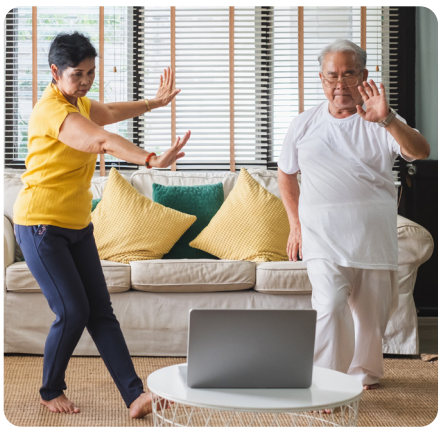
Physical activity wheel

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.



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

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.

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