

VETERANS' HEALTH WEEK
Physical Activity 21–29 October 2017

AN AUSTRALIAN GOVERNMENT INITIATIVE



Australian Government
Department of Veterans' Affairs



PHYSICAL ACTIVITY IS
ANY ACTIVITY
THAT GETS
YOUR BODY MOVING,
MAKES YOUR
BREATHING QUICKEN
AND YOUR
HEART BEAT FASTER.

Department of Health physical activity guidelines for adults recommend:

- Aim to be active everyday.
- Accumulate 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity, or an equivalent combination of both each week.
- Do muscle strengthening activities on at least 2 days each week.

MODERATE ACTIVITIES

- Ballroom dancing
- Cycling on the flat
- General gardening (raking, mowing)
- Tai chi
- Tennis (doubles, social)
- Throwing sports (softball, volleyball)
- Walking briskly
- Water aerobics

VIGOROUS ACTIVITIES

- Aerobic dancing (Zumba, tango)
- Bushwalking uphill (or stair climbing)
- Cycling (hills or more than 20km/hr)
- Heavy gardening (digging)
- Martial arts
- Race walking, jogging or running
- Running sports (basketball, football)
- Swimming (fast or laps)
- Tennis (singles)

**DOING ANY
PHYSICAL
ACTIVITY
IS BETTER THAN
DOING NONE**

For adults regular physical activity can:

- Help manage or reduce the risk of developing type 2 diabetes and cardiovascular disease
- Maintain and/or improve blood pressure, cholesterol and blood sugar levels
- Reduce the risk of, and assist with rehabilitation from, some cancers
- Prevent unhealthy weight gain and assist with weight loss
- Build strong muscles and bones
- Create opportunities for socialising and meeting new people
- Help to prevent and manage mental health problems
- Help to develop and maintain overall physical and mental well-being
- Help to maintain and improve brain health



Physical activity guidelines for those 65+

- Do some form of physical activity, no matter your age, weight, health issues or ability
- Be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility
- Accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days
- If you don't exercise, or are starting a new physical activity, start at a level that is easily manageable and gradually build amount, type and frequency
- If you continue a history of vigorous physical activity, carry on in a manner suited to your capability adhering to safety procedures and guidelines
- If you are new to physical activity, have a health issue, or are concerned about the safety of being (more) active, see your GP or health professional for advice about the most suitable activities

PHYSICAL ACTIVITY MUST BE SAFE

- If you haven't been active in a while, start slowly and build up
- Learn about the types and amounts of activity that are right for you
- Choose activities that are appropriate for your fitness level
- Build up the time you spend being active before switching to activities that take more effort
- Use the right shoes, safety gear and sports equipment
- Choose a safe place to do your activity
- See your GP or health professional if you have a health problem or questions

**WHATEVER ACTIVITY
YOU
CHOOSE,
MAKE IT
PART OF
YOUR LIFE**

Sedentary behaviour guidelines

Sedentary behaviour is relatively new in our evolutionary history and presents a modern health challenge. Sitting or lying down for prolonged periods during daytime hours are what we call 'sedentary' behaviours. You can meet the physical activity guidelines yet still be considered sedentary if you are inactive most of the day. Sedentary behaviour requires little energy expenditure and it is possible to be inactive while at work, school, at home, when travelling or during leisure time.

- Older Australians spend more than twice the time watching TV compared to young people using computers or the internet.
- Sedentary behaviour is associated with poorer health outcomes, including an increased risk of type 2 diabetes.
- You will benefit from breaking up the day with regular physical activity.

