

FACTS ABOUT PHYSICAL ACTIVITY



OVER 1/3
of Western Australians
do not do enough physical
activity for good health.

MOVEMENT IS THE BEST MEDICINE

Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.



To stay healthy,
do strength exercises on at least

2 DAYS EACH WEEK

Calf raises, squats, push-ups, yoga,
pilates and weights all count.



**SOME IS BETTER THAN NONE,
AND MORE IS BETTER THAN LESS!**



BOUNCE, PASS AND THROW!

People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.

GET MOVING AFTER MEALS

Doing light-intensity activity like walking after you eat improves blood sugar control.



WATCHING OVER 5 HOURS OF TV EACH DAY

is linked to weight gain and higher body fat, even if you are doing moderate exercise.



**For good health,
each week aim for:**

2h30min-5h
of moderate physical activity; or

1h15min-2h30min
of vigorous physical activity;

OR an equivalent combination of both.

The more intense your activity,
the greater the benefits!

**SIT
LESS
43%**



of Western Australian adults
spend most of their day sitting.

Even if you meet physical activity guidelines,
you should aim to break up long periods of
sitting – as often as possible!



GET ON THE HEALTH TRAIN

Using public transport can boost your physical activity level by around **12 to 15 minutes per day**, which is almost half way to meeting the minimum level recommended for good health!

For more information, visit www.livellighter.com.au

DID YOU KNOW?

Low physical fitness has been reported to be a greater risk factor for early death than smoking, diabetes and obesity combined!

