



Lifescrpts

Advice for Healthy Living

Action Plan Physical Activity





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My action plan for being more active

My name:

Date of birth:

Based on my health assessment, my current level of physical activity is:

- Low
- Nearly there

To improve my energy my healthcare provider has recommended:

- Walking (fast enough to notice an increase in breathing or your pulse)
- Swimming
- Other:.....

How much will I need to do?

- 10 minutes
- 15 – 30 minutes
- 30 minutes or more
- Other:.....

How many times will I need to do it?

- 1-2 times a week
- 3-4 times a week
- 5 or more times a week
- Other:.....

This will benefit my:

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Weight | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Other:..... |
| <input type="checkbox"/> High cholesterol | |

Referral

To help me be more active I have been referred to:

.....

.....

I would like you to come back to see how you are going in weeks

Healthcare Provider's Signature:

Date:



General Guidelines

Try to be active every day in as many ways as possible. Do at least 30 minutes of physical activity on most days of the week.

How to get started:

- You don't have to do 30 minutes of physical activity all at once. You can do 10 minutes at a time for a total of 30 minutes for the day:

E.g.

<i>Walk to the shop</i>	<i>10mins</i>
<i>Clean up the yard</i>	<i>10mins</i>
<i>Walk the kids/dog to the park</i>	<i>10mins</i>
Total	30mins

- Instead of driving, try walking or riding a bike
- Go for a walk with someone in your family or ask a friend
- When you have finished watching your favourite shows go outside and do some physical activity (take your dog or kids to the park or for a walk around the neighbourhood)
- Be active inside and outside your home: cleaning the house is a good physical activity and so is gardening
- If you live somewhere you can do traditional hunting, give it a go – hand spearing, fishing and diving are great ways to enjoy the water and get more exercise, or go hunting for kangaroo or other bush animals
- Volunteer at community organisations (sporting groups, dancing events or community events) it's a great way to meet and mix with your mob and meet new people
- Join your local sporting competitions e.g. football, touch, softball
- Don't worry if you are interrupted when you try to do some physical activity – just try again later when you can

CAUTION: Stop the activity if you feel unwell.