

Be Active tips for Aboriginal and Torres Strait Islander peoples fact sheet

Being active has heaps of benefits, like these:

- have more energy
- keep your weight healthy
- stay healthy
- enjoy friends and family
- live longer
- sleep better
- be more relaxed
- feel good
- feel confident
- reduce the risk of type 2 diabetes and heart disease.



Be active for at least 30 minutes a day to help you stay healthy

This can be as easy as walking the kids to the school, traditional activities like going out for bush foods and seafood or mowing the lawn! You can break it down into three lots of ten minutes a day instead of 30 minutes straight... too easy!

Mix it up

Doing different activities can be more interesting. Be active every day in as many ways as you can. Remember, it doesn't have to cost a lot (or anything) to get active.

Some great ideas to get your 30 minutes (or more) a day

- **Volunteer for community work.** Get involved in your community by taking part in community activities.
- **Join a local club.** Play in your local basketball, rugby league or touch football competition.
- **Play traditional games.** These games are fun and good for you. Ask Elders, aunties, uncles, mum or dad to teach you traditional games.
- **Traditional hunting.** Hunting is a great way to get active. Try hand spearing, fishing and diving for crayfish or go out and hunt for turkey or kangaroo.
- **Be active at home.** You can do this by gardening and by cleaning inside the house. Try growing your own vegetables and fruit.
- **Turn the TV off and take a break.** Turn the TV off and go outside after each show and get active, or have a few 'TV free days' each week.
- **Spend time outside.** Walk to the shop, walk the dog and play with and supervise the kids outside.
- **Get involved in music and dance.** Sing with family and friends or teach others how to do traditional dance. Style-up and go dancing. Start a band and make deadly music.
- **Start a team or club.** Set up a friendly community competition and play regularly.
- **Walk.** Walk instead of driving a car or catching a bus. Walk with friends. Take your family and friends for a walk and talk about your day.
- **Get active together.** Get active with your family or friends - it can be much more fun than on your own.