

Get over excuses fact sheet

Do any of these sound familiar?

'I don't have time to be active daily.' Doing enough physical activity for your health each day doesn't have to mean finding extra time. Think smarter about movement and look for ways to move more each day. Check out the Be Active tips for suggestions. Remember, it only takes 30 minutes a day for adults which can be broken down into three lots of ten minute sessions.

3 x 10 min or 2 x 15 min = 30 min a day

'I'm too unfit/overweight, I can't be active.' To start being more active, choose a moderate-intensity activity like walking and start slowly, building up gradually. You may need to visit your doctor first.

'It costs money to be active.' Local parks are free. So is the footpath! There are many ways you can be active that won't cost a cent. Some activities like walking or cycling to the shops or work, washing the car yourself or growing some vegetables can even save you money.

'Eating well is too confusing.' Just use the Australian guideline to healthy eating. Print it out and stick it on your fridge as a reminder. Also, remember to Go For 2&5® every day (two serves of fruit and five serves of vegetables daily). That's an easy way to start eating well.

'I have to look after the kids and can't get time to myself to be physically active.' Try an aerobics video or stretching session at home. Get a partner or family friend to baby-sit while you get some time out and some activity. Involve the kids in your activity, such as going for a walk.

'I'm too old to be active.' No matter what your age, some activity is better than none at all. Just make sure it's the right activity for your physical ability and wear the right shoes. Check with your doctor about what you may be able to do, especially if you haven't been active in a while.

'It's too hard to change.' Changing your habits is as important as changing your attitude. Just do it gradually. Feel positive about making some small changes you can stick to, like adding extra salad vegies to your bread roll, using low-fat milk, walking the long way to the photocopier or parking the car further away from your destination.

'Too bored.' Take the boredom out of cooking and make healthy eating fun - cook up a storm with your friends, flatmate, partner or kids. There are loads of healthy and tasty recipes that are quick and easy to prepare. If you're bored with the types of activities you do, then change things! Try a new activity, be active with a friend or vary the way you get about.

'I'm not overweight so I don't need to be active or change my eating habits.' Although you may be in the healthy weight range, eating well and being active can have many positive benefits that aren't related to your weight. This can include helping you live longer by decreasing your risk of many serious illnesses such as type 2 diabetes, some types of cancers and heart disease. It can also help you resist infection, promote healing and improve your general wellbeing and mental health. Eating well and being active is essential to get the most out of your life.

Get more out of life

Now there are no more excuses. With the information provided on this website, you know how to eat well and be active. You know what the benefits are and how important it is for your health, happiness and wellbeing. It's up to you.

After all, it's your life, so make the most of it.