

Physical activity guidelines fact sheet

How much physical activity is enough for maintaining health?

Australia's Physical Activity Recommendations have been put together by the Australian Government in consultation with leading health experts to show the minimum levels of physical activity that adults, children and young people need to do each day to help maintain good health (not for high level fitness or training). These recommendations are:

- **Adults** need to do at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week.
- **Children and young people** (from 5 to 18 years) need to do at least 60 minutes of moderate to vigorous activity every day.

What is 'moderate-intensity' or 'vigorous' activity?

- **Moderate-intensity activity** causes a slight but noticeable increase in your breathing and heart rate. For example, walking briskly at a pace where you are able to comfortably talk but not sing. Other examples include mowing the lawn, medium-paced swimming or cycling, or doubles tennis.
- **Vigorous activity** makes you huff and puff, so talking in full sentences between breaths is difficult. Vigorous activities include jogging, aerobics or fast cycling; and sports like football, squash and netball.

Do you need to lose or maintain weight for better health?

Depending on your energy intake from food, these recommended minimum levels of physical activity may not be enough to either maintain or lose weight. If this applies to you, visit your doctor for more information.

Do you smoke?

It's more difficult to enjoy being active if you smoke cigarettes. For information about how to quit, call the Quitline on 13 QUIT (13 78 48) .

Important: inactive, pregnant or health problems?

Please check with your doctor before following these physical activity guidelines if:

- you've been inactive for a while
- you have heart disease or close relatives with heart disease
- you have other major health problems
- you are pregnant.