

Tips for adults fact sheet

Adults need at least 30 minutes of moderate-intensity activity a day. **Remember to think of movement as an opportunity, not an inconvenience.** Get your 30 minutes using some of these tips (for at least ten minutes continuously).

If you're desk-bound at work or study most days:

- Keep your sandals and some comfortable clothes handy - at the office, workstation, school, university or college or in the boot of your car. By having them nearby, you can take more opportunities to be active when you have the chance.
- Park your car a few blocks from work or get off the bus or train a stop sooner and walk.
- Take the stairs instead of the lift whenever you can.
- Walk up the escalator instead of standing still.
- Walk the longer way around the floor to the photocopier, printer or fax machine or even the bathroom and water cooler.
- Enjoy a walk during your lunch break or team up with a friend to walk after work.
- Walk to your colleague's office to communicate instead of sending an e-mail.
- If you go out at lunchtime for your lunch, walk further away to buy it from somewhere different each day.
- Encourage and talk to your employers about supporting staff to be more physically active - whether at lunchtime or through cycling or walking to and from work. Ask about improving facilities such as change rooms, showers, lockers and bike racks. You may also be able to encourage your employer to support activities in the workplace such as lunchtime yoga classes. Let them know that this will have positive benefits for the organisation through a happier and more productive workplace with reduced absenteeism.

When you're at home:

- Walk while you're talking on a cordless or mobile phone.
 - If you have a fixed phone then do an activity such as gentle squats while talking.
 - Off to the shops? Leave the car - walk or cycle instead, take the kids or the dog with you.
 - Do some gentle stretches or sit-ups while watching TV.
 - Use TV ad breaks as a chance to do some household chores like washing dishes or folding clothes.
 - Hide the remote control and get up to change channels instead.
 - Do some energetic house-cleaning, gardening or odd jobs on the weekend.
 - Wash the car by hand.
 - Park the car further away at the supermarket and use a basket instead of a trolley.
 - Visit your local library for exercise DVDs or videos, music CDs and other books and resources, such as healthy recipe books.
 - At the library, check for local community activities such as walking groups in your area.
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Have fun and get fit with some regular, vigorous activity

You don't have to be an athlete to boost your fitness! Try jogging or swimming laps. Ride your bike. Get social and join a team sport like tennis or soccer; or join a walking group or dance class.

Do you have a dog?

Much joy comes from having such a loyal friend! Yet an Australian research study has shown that more than half of all dog-owning households do not walk their dog. A dog that is walked every day is happier, healthier, less prone to barking, more sociable and a better family member. Your health will also benefit from the activity!

- Take care of your friend - walk your dog at least once a day!
- Give your dog an extra walk each day - even an extra ten minute walk around the block can provide you and your dog with some extra health benefits.
- Go outside and play with your dog when you can - throwing a ball or stick for fetching is fun and active!
- Take your dog for a walk with you to the shops when you get the milk or newspapers.