

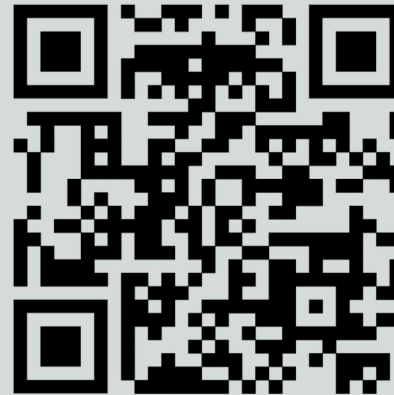
SAFETY

While **being physically active is overwhelmingly safe** for most people, there are risks. Injury does occur, and in very rare circumstances medical conditions can be exacerbated.

It is recommended you **seek further advice if any of the below are relevant** to you:

- Have **high blood pressure or a heart condition**.
- Experience **chest pain** at rest or during activity.
- **Lose balance due to dizziness, or lost consciousness** in the last year.
- Other **chronic medical conditions, or medication** for a chronic condition
- Current bone, joint, or soft tissue problem that **worsens with activity**

ACTIVE RESILIENCE



For additional articles, exercise videos, resources and activity programs, visit **activeresilience.org**

BUILD A HABIT OF PHYSICAL ACTIVITY

FOR ADULTS AGED 18-64



ACTIVERESILIENCE.ORG

BENEFITS

Most adults would benefit from increasing their levels of physical activity.

People who are regularly active live **longer and happier** lives by:

Improving sleep

Reducing cancer risk

Increasing physical capacities

Reducing blood pressure

Building stronger muscles and bones

Improving brain function

Reducing excess bodyweight

Increasing independence

Controlling blood sugar levels

Improving mental health

CARDIOVASCULAR

If you're not currently regularly active, **simply getting started has positive health benefits.**

If you can, **each week** aim to complete:

150-300 minutes of moderate cardiovascular activity OR

75-150 minutes of vigorous cardiovascular activity OR

An equivalent combination of moderate and vigorous cardiovascular activity

MODERATE

Walking 4-7km/h
Cycling 9-16km/h
Gardening
Surfing
Playing Golf
Skateboarding

VIGOROUS

Running >7km/h
Cycling > 16km/h
Skipping
Football
Dance Aerobics
Basketball

STRENGTHENING

Also, aim to **complete muscle strengthening activities involving all major muscle groups at least twice a week.**

Strengthening activity should be completed at a **moderate intensity or higher.**

An example beginner workout is outlined below.

SIT TO
STAND



BRIDGE



WALL
PUSHUP



BENT
KNEE LEG
RAISE



Complete **3 sets of 8-16 repetitions** of each exercise.