

## Tips for Increasing Physical Activity

Physical inactivity increases your risk of coronary heart disease, stroke, diabetes, some cancers, as well as increased depressive symptoms, and injuries into older adulthood.<sup>1</sup> Exercise reduces these risks and has a host of other benefits including more energy and better mood. Getting started can be tricky, so here are some tips to working physical activity into your day:



- 1. Find ways to work activity into your day.** Use the stairs instead of the escalator, park further away from your destination and walk. Get off the bus one stop earlier and walk. For shorter trips, leave the car at home and walk.
- 2. Activity at work:** Leave your desk at lunch time and go for a walk. Organise walking meetings. Deliver a message to a colleague rather than emailing. Stand while you read. Move your rubbish bin so you have to get up to use it. Use the speakerphone for conference calls, and walk around the room during the call.
- 3. Activity indoors:** Great for during the winter when it is cold outside, there are plenty of things you can do indoors. Body weight exercise such as squats, push-ups, sit-ups and lunges. Other activities such as dancing, yoga, Pilates, martial arts and squash. Check YouTube for free videos that will help you exercise at home.
- 4. Activity at home:** Get up to change the channel on the TV rather than using the remote. When tidying up, put things away in multiple small steps rather than one big haul (e.g., shopping!). Pre-set the timer on your TV to turn off after an hour to remind you to get up and move more. Instead of reading, listen to an e-book and take a walk.

The trick is to be aware of times when you could be moving rather than staying still. Every extra moment of activity adds up to improving your health and wellbeing!

If you would like any further information or help regarding introducing more activity into your daily life, call us on **1300 369 072** or email at [mail@working-life.net](mailto:mail@working-life.net)

<sup>1</sup>Medibank