

GETTING STARTED WITH EXERCISE RIGHT

Starting an exercise program can be daunting, but just remember – it doesn't have to be all or nothing. Even a small increase in physical activity can have a positive impact on your health and quality of life.

HOW MUCH IS ENOUGH?

Doing any physical activity is better than doing none.

2 ½ TO 5 HOURS OF MODERATE INTENSITY
OR 1 ¼ TO 2 ½ OF VIGOROUS INTENSITY
PHYSICAL ACTIVITY, OR AN EQUIVALENT
COMBINATION OF BOTH MODERATE AND
VIGOROUS ACTIVITIES, EACH WEEK.



150-300 MINUTES
MODERATE

OR

75-150 MINUTES
VIGOROUS

ACTIVITIES PER WEEK

BE ACTIVE
ON MOST,
PREFERABLY ALL,
DAYS EVERY WEEK

 **MUSCLE**
STRENGTHENING
ACTIVITIES ON AT LEAST
2 DAYS A WEEK



TOP TIPS FOR STAYING ON TRACK:

1. Do something you like – If you hate it, you won't stick to it. Try different types of exercise until you find something you enjoy.
2. Make a plan – Set time aside everyday to exercise. Book it in your diary like you would any other appointment and make sure you make it a priority.
3. Start Small – Exercise isn't "all or nothing". Start with a little and build up gradually.
4. Mix it up – Change up your routine to stave off boredom and keep it exciting.
5. Buddy up – Being active with a friend, family member or partner increases the likelihood that you'll stick to it.
6. Get the right advice – If you're unsure of where to start, talk to a professional. Visit www.essa.org.au to find an exercise professional near you.