



Exercise for 18-64 year olds

Every move counts

Move more and reduce your sedentary time each day by incorporating different types of movement. It is never too late to start, some is always better than none!

How to get started

Regular exercise significantly reduces your risk of heart disease, some cancers, stroke, hypertension, obesity, type 2 diabetes and osteoporosis. It helps you to carry out the activities of daily living, including chores, work and leisure time with family and friends, with vitality and energy.

Exercise that includes strength, flexibility and balance exercises helps maintain and promote your sense of health and wellbeing, reduces stress, anxiety and depression, and helps you to maintain a healthy weight.

An inactive, sedentary lifestyle can increase your risk of potential health complications. An active lifestyle not only increases how long you live for but also the quality of your life, and can dramatically reduce your risks of certain diseases or potential health problems should you require medical treatment such as an operation.

Take all medicines as recommended by your doctor or pharmacist.

Warm up and cool down

Always start your exercise session with a 10–15-minute warm up to loosen up the muscles and raise the heart rate safely. Warm-up exercises include dynamic stretches, range-of-motion activities and low intensity movements. This can be done standing up, walking around, marching on the spot or seated.

Always end your exercise session with a 10–15-minute cool-down to ensure your heart rate and breathing rate return to normal safely. Cool down exercises include slowly decreasing the intensity of your activity and simple stretches.

Be active

Some is good, more is better

How much:	Aim for at least 150-300 minutes a week of moderate intensity or at least 75-150 minutes a week of vigorous intensity physical activity. Start moving more each day increasing to regular movement every day and add sessions as your strength and stamina improve.
How hard:	Any movement helps. Aim for moderate to vigorous intensity—aim to get slightly breathless. Take frequent breaks, if necessary.
How long:	Aim to spread out your session throughout the week. If your fitness level is low, start with 5–10-minute sessions and add 10-minute intervals until you can comfortably exercise for longer.
	All physical activity counts. Try activities within your abilities: walking, cycling, jogging, dancing, swimming, water aerobics, hiking—choose something you enjoy! Recreational team sports are great social activities too! Household activities such as cleaning, gardening, vacuuming or walking your dog are great activities for your health.

What will it do for me?

Regular exercise will help you stay fit and healthy. It prevents and treats many long term health conditions, improves mobility and independent living and improves your overall health and wellbeing. It also helps improve sleep quality and pattern, confidence, self-esteem and cognitive abilities.

Build strength

How much:	At least twice a week.
How hard:	Start with light muscle strengthening exercises and progress to moderate or greater intensities over time.
How long:	Choose 8–10 exercises targeting the upper and lower body and repeat each exercise 10–15 times. Try 1–3 sets of each exercise.
What type:	A variety of strength exercises using free weights, resistance machines or household items such as a can of beans or a weighted water bottle as a weight. At home, try squats, calf raises, wall push-ups, arm curls, front arm raises, side arm raise, chair stands and knee curls using weights or a household item such as a can. Household chores such as carrying shopping bags, mowing the lawn and gardening are also good strength-building exercises.

What will it do for me?

Strength exercises help maintain and improve your ability to do daily tasks comfortably. They help maintain bone, muscle and joint health while improving strength and balance. They reduce your risk of falls and injury and help improve core strength, which in turn helps improve your balance and coordination skills.

Sedentary living

Reduce the amount of time being sedentary. Move more and break up sedentary time. Sedentary behavior is defined as time spent sitting or lying with low energy expenditure, while awake in the context of occupational, educational, home and community settings, and travel. Higher amounts of sedentary behavior can increase the risk of heart disease, type 2 diabetes and some cancers.

Replace sedentary behavior with more physical activity of any intensity (including light intensity). It is possible to avoid sedentary behaviour and be physically active while sitting or lying, through, for example, upper body led activities, inclusive and/or wheelchair-specific sport and activities. Try seated stretches for those with limited mobility; using active forms of transport; standing while working (within your abilities and environment), and other accessible active options to replace sedentary time.

Your exercise, your way!

Choose activities that are easy to start with, and that you enjoy. Always exercise within your abilities. If mobility is difficult, adapted cycling, swimming and chair-based exercises may be better alternatives. Exercise with friends and family or join a group class to improve your motivation levels and engage in social activities. Try exercising both indoors and outdoors and see which you prefer! Most importantly: **some physical activity is better than none.**



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Exercise safety

Always wear comfortable clothing and shoes that give good support and don't rub or cause discomfort to prevent sores or infection.

Take frequent breaks if necessary and drink water before, during and after exercise.

Ensure you exercise safely during all exercises and ask for assistance and supervision if you are unsure about any exercises.

Choose environments that you can access freely and safely. Choose routes with resting places. Please ask your healthcare provider or local leisure organizations for advice on the best option for you.

Please ask your healthcare provider for information on modification or adaption for exercises within your abilities.

Scan for more
physical activity
resources!

