

TUCKER TALK TIPS

# GETTING ACTIVE

MY MESSAGE TO YOU



## WHY IS PHYSICAL ACTIVITY IMPORTANT?

Getting active will help you to:

- lose weight or avoid gaining weight
- keep your blood pressure healthy
- prevent or control diabetes
- keep your bones and muscles strong
- avoid heart attack and stroke
- cope with stress and worry
- spend more time with your family and community

## WHAT KIND OF ACTIVITY AND HOW MUCH?

The main thing is to choose activities that you enjoy and that you can stick to in the long term. It is recommended that you:

- Think of movement as an opportunity, not an inconvenience.  
If you have to walk to get somewhere, think of it as a good thing.
- Be active every day in as many ways as you can.  
For example, take the stairs instead of the lift or park further away from the shops.
- Put together at least 30 minutes of physical activity each day.  
This is activity that makes you puff, but not so much that you can't talk.
- If you can, also enjoy some regular, vigorous activity.  
This is activity that makes you puffed out, like running, footy or basketball.

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## SAFETY FIRST!

- Have a health check before you start your regular physical activity.
- If you have any health problems, check with your doctor first.
- Don't push yourself too hard – start off slowly and gradually build up.
- Stop your activity immediately if you have chest pain and get help.
- Always warm up before being active.
- Always cool down and stretch after being active.
- Drink plenty of water before, during and after physical activity.
- Wear socks and appropriate shoes that fit you properly.
- If you have diabetes:
  - test your blood glucose level before and after activity
  - carry jelly beans with you in case you have a 'hypo'
  - check your feet for redness or blisters after activity
  - get your feet checked at the clinic.

## IDEAS TO GET YOU ACTIVE

Physical activity is not just about playing sport or doing star jumps!

There are lots of ways you can get active:

- walk or ride instead of driving
- work in the garden
- mow the lawn
- vacuum the house
- take the stairs instead of the lift
- take the dog for a walk
- play with the kids
- get up to change the TV channel
- park further away from the shops so you have to walk
- try a new activity that you will enjoy!



For more information visit [www.vaccho.org.au/nutrition](http://www.vaccho.org.au/nutrition)