

# Tips for Adults to Find thirty

It's not a big exercise. Just 30 minutes of moderate-intensity physical activity on most days of the week is needed for good health. This 30 minutes can be accumulated in shorter sessions of at least 10 minutes.

## At work:

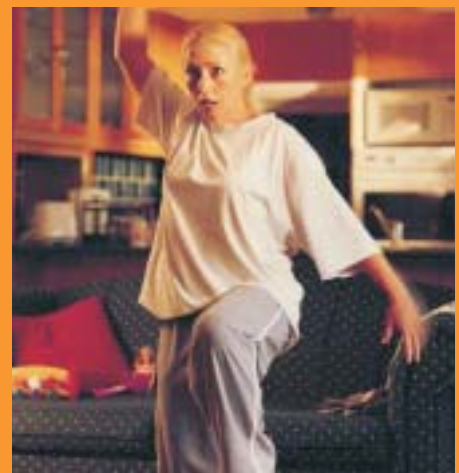
- Organise with your work colleagues to go for a walk during your lunch break or before or after work. You could try 15 minutes at lunch and 15 minutes after work and it's easy to *Find thirty*.
- Try taking public transport to work and leave the car at home. If it isn't a 10 minute walk to either home or work – get off the bus or train one stop earlier and walk.
- Schedule meetings with others that are at a place that you can walk to from work.
- If you do drive to work – park your car a 10 to 15 minute walk away
- Get your work colleagues involved in a team sport or get a corporate membership to a local gym
- Walk to meet friends for lunch
- Take the stairs instead of the lift or escalator.

## At home:

- Reduce the amount of 'non-active' time you spend watching television, videos or sitting in front of the computer. Try to limit these activities to less than two hours a day.
- Try to incorporate 'active' chores into your day such as washing the car, walking the dog, vacuuming and active gardening
- If you have children, participate in physical activities with them (see Tips for Getting Children Physically Active)
- Walk or cycle instead of driving to the local shop to buy the newspaper or milk
- Walk to your favourite local restaurant or café for dinner or lunch.

## At play:

- Walk around a large shopping centre or join a mall walking program
- Organise to do something active with friends when you catch up socially – try a walk down the beach and finish at a café
- Organise for your family to go on active outings such as bush walking, canoeing or skating
- Join a local sporting club, leisure centre or gym
- Organise to join a neighbour for a regular walk
- Go for a swim at the beach or your local pool
- Learn to do something active that you've never tried before like dancing, golf, surfing, martial arts or rock climbing.



Department of Health  
Government of Western Australia



**Find thirty**  
*It's not a big exercise.*