

**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. And the great news is you don't need to do 30 minutes in one go. Three lots of 10 minutes is just as beneficial, and might be easier to fit into your day.

It doesn't have to be vigorous. It just needs to be regular.



Find thirty
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It's easy to find the 30 minutes a day your body needs for good health. This 30 minutes can be accumulated in shorter sessions of at least 10 minutes if you are just starting out, or finding it hard to find the time.

- Go for a walk with family or friends
- Walk your dog
- Walk to the shop instead of driving
- Walk to a friend's house
- Do some active gardening
- Go for a swim
- Have a game of tennis
- Ride or walk to work
- Walk with a colleague at lunchtime
- Join a walking club
- Learn to dance

For more suggestions on how you can 'find thirty', check out www.findthirty.com.au

It doesn't have to be expensive.

Physical activity doesn't have to be expensive. Make use of the local streets, bike paths, footpaths and parks around your own home or work.

Enjoy it.

Make physical activity a fun and enjoyable part of your day. Go with a friend, family member or work colleague for support and together set goals and a meeting time each day. You will be able to help motivate and encourage each other to become more active and stay more active.

Age is no barrier.

No matter how old you are, 30 minutes of moderate-intensity physical activity every day will improve your physical and mental well-being. If you have been inactive for a while, start off slowly by taking a walk to the local shops or down your street. If done regularly it will become easier in no time and you will feel great.

Any amount of activity is better than none.

Try being active everyday in as many ways as you can and by making physical activity part of your daily routine. Try things like...

- Washing your car
- Getting up to operate the TV, video or stereo rather than using the remote control
- Taking the stairs instead of the lift
- Getting off one bus stop earlier and walking to work or to the shops.

If you can, also enjoy some regular, vigorous exercise.

For extra health benefits try active sports such as football, squash, netball or basketball, or other vigorous activities such as aerobics or running. Remember to warm up and cool down.

Health Benefits.

It only takes a little activity to gain some big health benefits. By finding 30 minutes a day you can:

- Reduce your risk of coronary heart disease
- Reduce your risk of colon cancer
- Lower your risk of diabetes
- Lower your risk of osteoporosis
- Lower your blood pressure
- Improve your weight
- Improve your feeling of well-being.

Consult your doctor first if you have been inactive for some time, or have major health problems.

