

TIPS FOR STARTING AN EXERCISE PROGRAM

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations.

Even a small increase in physical activity can have a positive impact on your health and quality of life. And remember, it's not all about weight loss. Physical activity is very beneficial to an individual's health, whether or not they lose weight.

THE CURRENT RECOMMENDATIONS ARE

MODERATE
intensity activity



5 days
a week **30-60**
minutes a day,

TOTAL 150-300
mins per week

20-40
minutes a day,



3 days
a week

TOTAL 150-300
mins per week

VIGOROUS
intensity activity

STRENGTH
training



3 days
a week

8 to 10 : **8 to 12 reps**
exercises : of each exercise

FIND SOMETHING YOU LIKE

Try something new and find an activity you genuinely enjoy.

- Head to your nearest beach, lake or river and take a stroll
- Swimming
- Golf
- Yoga
- Pilates
- Exercise at home
- Biking
- Running
- Walking – flat, hills
- Exercise with a friend or group



WRITE IT DOWN

and stick it somewhere where you can see it such as the fridge

SET ASIDE TIME EACH DAY TO EXERCISE

Getting started can often be the most difficult part of any exercise routine. Scheduling exercise into your day and making it a priority will increase your chances of success.

START SMALL AND WORK YOUR WAY UP

Do not feel you need to jump straight into 30 minutes of exercise. Start with 5-10 minutes of exercise a day and each week add five more minutes to your routine until you reach 30 minutes of moderate intensity on a minimum of five days per week.

INCORPORATE STRENGTH TRAINING INTO YOUR ROUTINE

Do 8 to 10 strength training exercises, with 8 to 12 repetitions of each exercise twice a week. This can be accomplished by using dumbbells, resistance bands or your own body weight. If you are unsure how to perform the exercises correctly seek the advice of an accredited exercise physiologist, exercise scientist, or fitness professional.

IF YOU ARE AT RISK OF FALLING, PERFORM BALANCE EXERCISES

If you are unsure how to perform the exercises correctly seek the advice of an accredited exercise physiologist, exercise scientist, or fitness professional.

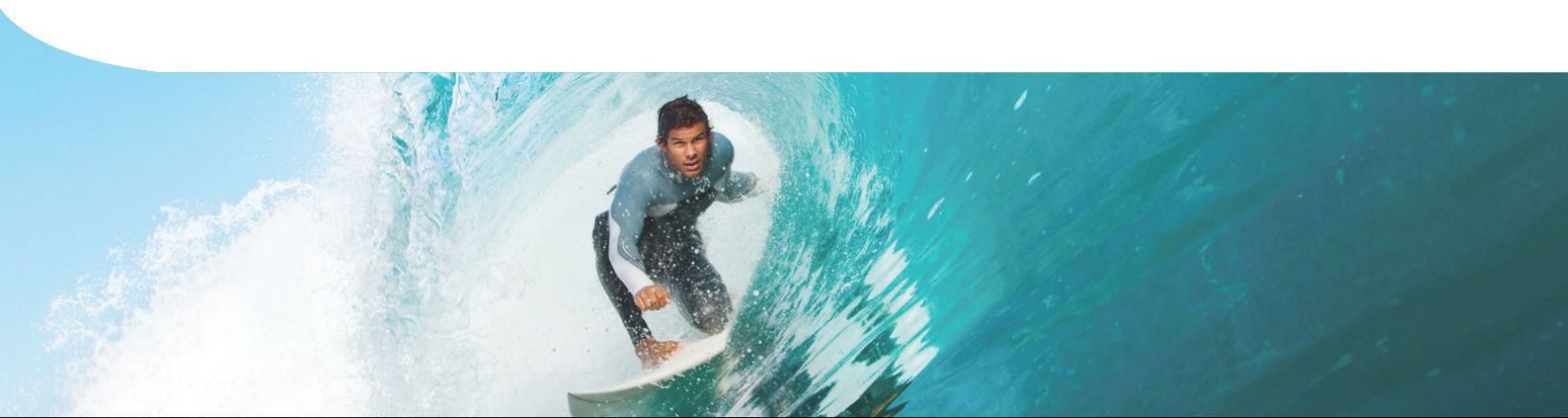


HAVE A PHYSICAL ACTIVITY PLAN

Older adults or adults with chronic conditions should have an exercise or activity plan developed by an appropriate health professional, such as an Accredited Exercise Physiologist, to manage risks and take therapeutic needs into account. This will maximise the benefits of exercise / physical activity and ensure your safety. To find a local accredited exercise physiologist, please visit www.essa.org.au

FINDING HELP

If you are concerned about your health or have an injury, we recommend you speak to your doctor about referral to an appropriate allied health professional such as an Accredited Exercise Physiologist. Eligible patients can claim AEP services through Medicare, DVA, workcover and private health insurance.



MORE INFORMATION:

Exercise is Medicine Australia www.exerciseismedicine.org.au/public/factsheets

Exercise Right www.exerciseright.com.au

Find an AEP www.essa.org.au