



I MOVING

Some activity is better than none. Walking as much as possible is a great way to get more active.

How will you be physically active every day?

THESE ARE THE ACTIVITIES I ENJOY + CAN FIT INTO MY DAY:

MY GOALS

- Start with** 10 minutes of moderate activity
- Maintain** 30 minutes of moderate activity
- Build to** 60 minutes of moderate activity
- Start** muscle strengthening activity to build strength

REMEMBER

- **To drink water + stay hydrated**
- **Be SunSmart**
- **Keep goals realistic + keep adjusting them to start slowly + build up fitness**

DOWNLOAD THE FREE HEART FOUNDATION WALKING APP

Along the way you'll receive health advice and coaching tips.

walking.heartfoundation.org.au

Call the **Heart Foundation Helpline** for help to join: 13 11 12



Talk to someone about joining the Heart Foundation Walking program to get active



For more heart health information and support, please contact us on Helpline 13 11 12 heartfoundation.org.au

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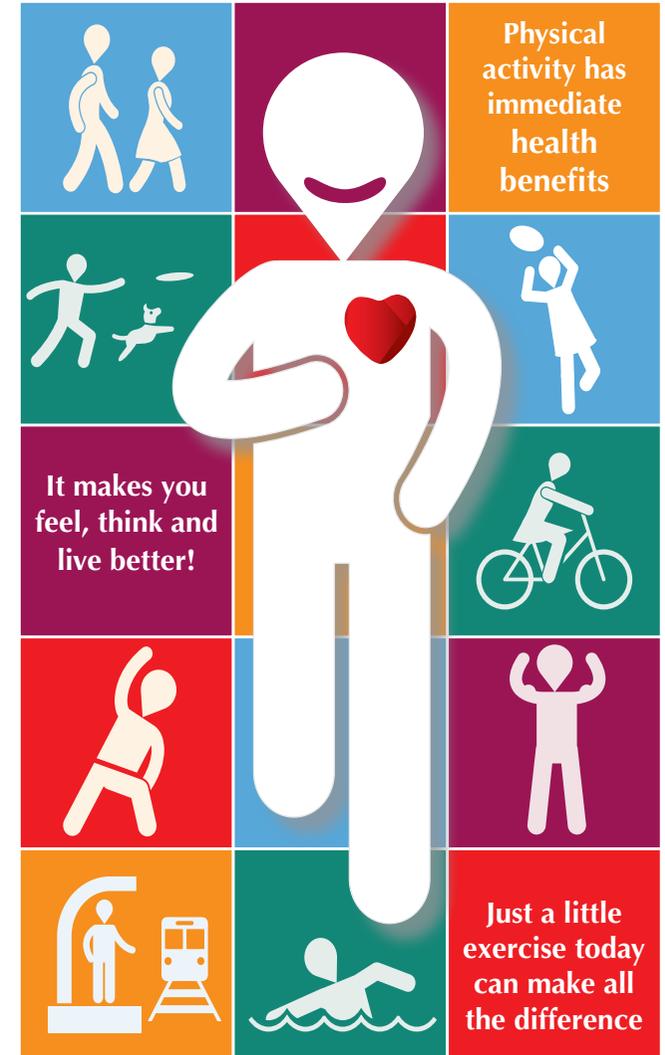
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I CAN BE ACTIVE TODAY



Physical activity has immediate health benefits

It makes you feel, think and live better!

Just a little exercise today can make all the difference

Physical activity is good medicine!



EVERY LITTLE BIT COUNTS!

EVERY STEP IS A STEP TOWARDS BETTER HEALTH

Many people don't realise that physical activity has so many **benefits for health**, both physical and mental. It can prevent and manage over 20 chronic conditions and diseases, including heart disease, some cancers, type 2 diabetes and depression.

PHYSICAL ACTIVITY IS GOOD MEDICINE

Boost your energy	Help you think more clearly	Reduce stress and anxiety
Help manage blood pressure		Lead to a healthier heart

PHYSICAL ACTIVITY FOR GOOD HEALTH:
30-45 MINS/DAY on 5+ DAYS/WEEK

I. CAN. MOVE.

It's never too late to begin a new physical activity routine. You will feel the benefits and your health will win! Being active is a big part of having a healthy enjoyable life.

Being active doesn't just mean going to the gym, or playing a sport, it can be any activity that gets you moving. What should you do? Anything that you enjoy.



Starting with light-to-moderate activity is usually a good way to begin but if you have heart disease or have suffered a heart attack, please talk with your healthcare provider about a plan that's right for you.



GETTING ACTIVE IDEAS:

<input checked="" type="checkbox"/> Active play with your children or grandchildren	<input type="checkbox"/> Put on some music and dance!
<input type="checkbox"/> Clean the house, the shed or the garden	<input type="checkbox"/> Shake off the indoor blues with some deep breathing followed by some stretching, squats or lunges
<input type="checkbox"/> Go for a bike ride with friends	<input type="checkbox"/> Join the Heart Foundation Walking program
<input type="checkbox"/> A brisk walk to the shops or park, take your dog	<input type="checkbox"/> Leave the car at home on your next outing
<input type="checkbox"/> Feel the sun on your face and enjoy the breeze as you take a stroll outside	<input type="checkbox"/> Join a suitable exercise class
<input type="checkbox"/> Try a new sport; anyone for tennis?	<input type="checkbox"/> Big Goal: If you want to step it up, try tracking your steps with a pedometer or fitness tracker - aim for 10,000 steps* daily

DID YOU KNOW?

Ten minutes of moderate activity three or more times a day is another way you can meet your daily target.

*for most people, 10,000 steps might take around 100 minutes (1hr 40mins) at a moderate pace.



I'M READY FOR MUSCLE STRENGTHENING EXERCISE

Muscle strengthening exercise is any activity which strengthens your muscles and should be included at least **2 days every week**.

For example:

- Push ups, squats, lunges or stair climbing at home
- Tasks that involve lifting, digging, or carrying shopping bags
- A weights or exercise class

JOIN HEART FOUNDATION WALKING

GET WALKING TODAY

Join Heart Foundation Walking and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

Heart Foundation Walking is Australia's largest free walking network.

We are here to get everyone moving, no matter where you live or what your fitness level is.

Choose how you want to walk:

FREE LOCAL WALKING GROUPS

Join or start a Heart Foundation Walking group. Meet regularly and enjoy a fun and social way to stay fit and healthy

WALK SOLO

Start counting your steps and taking part in walking events

