

# Getting active at home

*Tips on how to build physical activity into your day*



**Regular physical activity plays an important role in maintaining and improving good physical and mental health. National guidelines recommend that healthy adults (18-64 years old):**

- ✓ Are active on most days or every day – every little bit adds up
- ✓ Do 30 minutes of moderate exercise every day, or between 2.5 and 5 hours over the week.
- ✓ Do muscle strengthening exercise on at least 2 days of the week



## Get walking!

- Walking is the most popular way for people of all ages to get active. The 2019 Active Living Census found that more than 1 in 5 people (21.3%) walk for exercise
- Enjoy some time outdoors by walking in your neighbourhood, local park or bush reserve

## Get creative for your strength work-out

- You can use items lying around your house to help with your workout. With a little creativity a towel or two can be your exercise mat or a backpack loaded with a few items can provide you with just the right weight resistance
- Use your body weight! Exercises like squats, push-ups, sit-ups and lunges, can all be done indoors.

## Get inspired online

- Youtube offers a wide array of free guided activity videos for all ages and abilities. Here are some ideas:
  - Dance workouts for everyone
  - Yoga or Tai Chi
  - Chair based exercise and stretching
  - Strength training classes
  - High-intensity interval training (HIIT)





## Limit the time you spend sitting down

- Do some strength exercises to break up time spent sitting at your desk, reading or watching TV
- Working from home?
  - Stand while you read documents
  - Walk around your home while you are on a conference call, a 'walk and talk' meeting!
  - Set an alarm on your computer or phone to remind you to stand up and move every 30 minutes or at least once an hour
  - Take short active breaks throughout the day – short bouts of physical activity will add up to the weekly recommendations.

## Involve the whole family!

- Take a footy, netball or soccer ball down to the local park with your kids
- Dance more – share your favourite music with your family. You could even learn a TikTok dance and share it with your friends and family
- Play games like hide and seek or build a fort
- The floor is lava. Go!
- Get gardening and start ticking off those home and yard maintenance tasks you have been putting off
- Use chalk to create footpath activities for you and your neighbours, for example hopscotch



## Stay safe

- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you
- Be mindful of your own experience and limitations when trying something new
- Any physical activity is better than none. Start small and gradually increase duration, frequency and intensity
- Ensure you follow current State Government advice on COVID-19 physical distancing and always practice good hand hygiene.

*Most importantly, have fun  
and enjoy getting active!*

## More information

 @Healthy Heart of Victoria



The Healthy Heart of Victoria initiative is supported by the Victorian Government

