

HOW MUCH PHYSICAL ACTIVITY?

Australia's Physical Activity and Sedentary Behaviour Guidelines¹ recommend the following:

Physical activity

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

Sedentary behaviour

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

For more information, visit <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>
<http://www.movemoresitless.org.au/>

1. Commonwealth of Australia 2014, Make your move – Sit less Be active for life! , Australian Government Department of Health, Canberra



Definitions of physical activity level

- **Moderate intensity activities** take some effort, but you are still able to talk while doing them. e.g. a brisk walk, recreational swimming, dancing, social tennis, golf, household tasks like cleaning windows or raking leaves, or pushing a stroller.
- **Vigorous intensity activities** require more effort and make you breathe harder and faster ('huff and puff'). e.g. jogging, aerobics, fast cycling, many organised sports and tasks that involve lifting, carrying or digging.