

Take the Challenge...

The Workplace Physical Activity Challenge



It's as easy as...

1. Putting together at least 30 minutes of physical activity on most days of the week:
 - for 10 minutes at a time &
 - with an increase in your heart rate & breathing
2. Thinking of movement as an opportunity & being active every day in as many ways as possible.
3. Taking at least 5,000 steps daily, aiming for 10,000.

www.healthpromotion.com.au

Q4: THE Coast in Motion
Measure Up 4 Health

Live Life well

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