

How much physical activity do you need?

For good health, the [National Physical Activity Guidelines](#) for Adults recommend:

1. At least 30 minutes of moderate intensity* physical activity on most, preferably all days of the week (150 min. weekly).
2. Plenty of 'opportunistic' movement during the course of each day.
3. Vigorous** physical activity 3-4 days a week, for those who are able, & wish to achieve greater health benefits

PLEASE NOTE: If you are in the 'hazardous' (yellow) or 'harmful' (red) waist range, you may need to work slowly towards putting together 60 min. of moderate intensity physical activity to reduce your waist measurement. An alternative target is to achieve 12,000 – 15,000 steps daily using a pedometer (this includes the 60min of moderate intensity physical activity).

Ideas to help you achieve your challenge:

Moderate intensity physical activity (≥ 10minutes at a time)

- ☞ Take a brisk 10-30min. walk before work, during lunchbreak, or after work
- ☞ Walk or cycle all or part-way to / from work
- ☞ Take public transport & get on a stop later or off a stop earlier
- ☞ Participate in lunch-time or after-hours sport or training activities

Opportunistic physical activity (≤ 10minutes at a time)

- ☞ Park your vehicle a 5min+ walk to / from your workplace
- ☞ Take the stairs instead of taking the lift
- ☞ Conduct informal meetings / discussions while walking
- ☞ Conduct formal meetings a 5min+ walk from your workplace
- ☞ Get up from your work desk at least hourly to get a glass of water
- ☞ Get up from your work desk & talk to colleagues rather than sending emails
- ☞ Help colleagues with routine manual labour tasks e.g. sorting, packing, carrying etc.
- ☞ Challenge colleagues to be active with you!
- ☞ Whatever it takes to help you get active...

*Moderate intensity = any activity (in bouts of 10 min. or more) that slightly but noticeably increases your heart rate & breathing, e.g. brisk walking.

** Vigorous = activity that makes you "huff & puff", e.g. jogging, sports etc.



Workplace Physical Activity Challenge

Putting together enough physical activity for good health doesn't have to be hard work. Doing a little bit of physical activity during the working day could help you achieve the challenge!

Your challenge for the week is to:

1. **Use your 'Measure Up 4 Health' pack** (information booklet & tape measure) to find out if your waist size is risky & what you can do about it.
2. **Put together at least 30 minutes of moderate intensity* physical activity on most, preferably all days.** See the back page for 'Ideas' on how.
3. **Think of movement as an opportunity & be active every day in as many ways as possible** – especially if your job involves a lot of sitting! Again, see the back page for 'Ideas' on how.
4. **Record & tally your physical activity on the Log Sheet over the page.** Recording your pedometer step tally is optional.
5. **Consider if you met the challenge of being physically active during the working day** & how you could improve.
6. **Commit to being physically active after the Challenge** & pull out the tape measure now & then to check your progress.

For more information on this initiative & Q4: The Coast in Motion, visit: www.healthpromotion.com.au

Workplace Physical Activity Challenge – Log Sheet

Week beginning: & ending

		Sun	Mon	Tue	Wed	Thur	Fri	Sat	
MODERATE INTENSITY PHYSICAL ACTIVITY (≥ 10 minutes at a time) Your goal: To put together at least 30 min. on most, preferably all days.									
Insert <u>physical activities</u> that you do during the week				Insert <u>minutes</u> of physical activity you do each day					
<i>Example: Cycled to work</i>					15min		15min		15min
Total physical activity <u>minutes</u> you did each day									
				Total physical activity minutes you did for the week					
How did you rate? (please tick)	<input type="checkbox"/> Less than 90min C'mon - Keep trying!	<input type="checkbox"/> 90 – 149min Great - Keep up the effort!			<input type="checkbox"/> 150min or more Excellent – Congratulations!				
OPPORTUNISTIC PHYSICAL ACTIVITY (≤ 10 minutes at a time) Your goal: To think of movement as an opportunity & be active every day in as many ways as possible									
Insert <u>physical activities</u> that you do during the week				Tick the boxes for the physical activities you do each day					
<i>Example: Took the stairs instead of the lift whenever going up a floor</i>				✓		✓		✓	
PEDOMETER** STEP TALLY (OPTIONAL). Your goal, should you choose: To take at least 5,000 steps daily, but try for 10,000.									
NOTE: Total pedometer steps = moderate intensity + opportunistic physical activity				Insert the number of steps you take daily					

Using your pedometer: 1. Upon waking, place pedometer on your waistband in line with your knee; 2. Set pedometer to zero & wear it all day; 3. View your total step tally before bed, & record on the log sheet above.

**The accuracy of the enclosed 'Q4' pedometer is variable. It provides an approximate guide to your daily step tally. More accurate pedometers are available from leading electronic & sports stores.