Healthy Bites Episode 33 – Getting more physical activity into your day

Hi, I'm Mitch from Central Coast Health, and I'm here to talk to you about getting more physical activity into your day.

It doesn't matter if you're young or old, being active and staying active is important for our health and wellbeing.

Of course, the amount of activity and the type of activity that you can do will change over time, especially if you live with a health condition, but any movement that makes your muscles work is exercise. Think walking, swimming, even dancing!

What you choose to do doesn't have to be structured either, just make some really simple changes to your usual routine. You could take the stairs instead of the lift, or get off the bus one or two stops earlier and walk the rest of the way. It's easy when you give it a bit of thought.

Doing some exercise every day can:

- help you maintain a healthy weight
- give you more energy to get through the day
- help lower your risk of falls and injury
- improve your sleep
- reduce stress and anxiety
- and improve your overall mental health.

So ask yourself, what could you do to change the way you do things to get more physical activity in your day?