



# 8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

**WEEK 1  
LET'S GET MOVING**

## Week 1: **Let's get moving!**

### Your Challenge: **Accumulate 30min Exercise, 5-7 days/week**

Exercise has one of the biggest impacts on our overall health.

Reduces your risk of many health problems:

- Cardiovascular disease
- Type 2 diabetes
- Anxiety
- Depression
- Musculoskeletal problems
- Some cancers
- Unhealthy weight gain.

Regular exercise improves **sleep quality** & provides you with **more energy** and strength to **enjoy life!**

## Physical Activity...

Is any activity that gets your body moving, makes your breathing become quicker and your heart beat faster.

You can be physically active in many different ways, at any time of day...

This week you will focus on **incidental exercise**, things you can do within your day that is unplanned and unstructured.

For example:

- Gardening
- Housework
- Dancing
- Playing with kids
- Shopping
- Getting to/from work
- Washing dishes
- Hanging washing
- Vacuuming & Mopping
- Washing the car
- Walking work meetings

**The list is endless!**



There is clear evidence that doing **some physical activity is better** than **doing none at all.**

# Physical Activity and Sedentary Behavior Guidelines:

Please note: If you currently do no physical activity, gradually build up to the recommended amount. If necessary, consult your doctor prior to beginning exercise.

**Be active on most (preferably all) days every week.**

Accumulate every week:

- **150-300 minutes of moderate intensity** (*slight but noticeable increase in your breathing and heart rate. For example, brisk walking*)  
OR
- **75-150 minutes of vigorous intensity** (*“huff and puff”, where talking in full sentences is difficult. For example, playing sports like football, squash, netball, basketball or other activities like jogging, or cycling*)  
OR
- **Equivalent combination of both moderate and vigorous activities**  
&
- **Do muscle strengthening activities on at least 2 days each week**  
&
- **Minimise the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible**

More on the Physical Activity & Sedentary guidelines here:

<https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-adults-18-to-64-years>

## HEADS UP!

This week we just want to focus on **incidental exercise**,  
Next week we will focus on strength exercises and  
Week 3 we will focus on cardiovascular exercise.



## Tips to help you be more physically active:

- Plan in advance
- Make it an appointment in your diary or calendar
- Don't hit snooze
- Use gadgets, like smart watches and apps on your phone to track your progress
- Make it social, go for a walk with friends
- Be organised, pack your gym gear the night before
- Park further away from work
- Perform small bouts of activity throughout the day

For example to increase your daily step count just within your work day:

1. Walk to work/park further away and walk to work = 10min exercise
2. Coffee break! Walk to a coffee shop a little further away = 10min walk
3. Lunch time walk with a friend = 20min walk
4. Telephone meeting? Pace around the office = 20min walk
5. Walk home from work/back to your car = 10min walk

Totaling = 1hr 10min of walking

With a little pre-planning you can fit more activity into your day!

