

# Stay active, stay healthy

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**SEWARD**



NOW that we are working from home, exercise has never been more important.

How are you going to get your daily 30 minutes of exercise while stuck at home?

We know the guidelines for physical activity recommend a minimum of 30 minutes for adults and 60 minutes for children, at least five days a week.

It is best to include three or four sessions a week that generate a bit of huff and puff.

We can no longer rely on organised sport, school sport, or trips to the gym.

What's more, the Prime Minister suggests the restrictions could be in place for six months.

Those of us working from home are already behind, having lost opportunities for a few thousand incidental steps each day — no walk from the car park, no wandering around the office, no trips to the coffee shop.

But keeping active has never been more important.

We know regular physical



**FIT KIDS:** Alessi, 8, and India, 10, do some push-ups while getting out of the house to keep active.

Picture: ALAN BARBER

activity reduces your risk of diabetes, heart disease, many cancers and even dementia.

We also know physical activity is great for your mental health. It makes you feel better and helps your brain function more effectively.

But being stuck at home increases your likelihood of sitting for long bursts at a home work station, being sedentary watching TV or gaming, or indulging in a few extra snacks.

This can all lead to diminished health and wellbeing.

As routines go out the window, and normal is no longer normal, you have more reason to plan how to keep active.

Recognise that activity is important in your day and make it a priority.

It keeps you refreshed,

breaks up the day, and can be lots of fun.

If you are not required to attend a workplace with the normal structured time schedules, still try to keep a routine in your day.

Make time to get outside to

start, finish, or break up the day. And choose a form of exercise you like.

For those home-schooling children, call on help from those in your household to make room for physical activity.

It may mean adults taking turns or getting the entire family involved. It might be a walk, a jog, a cycle, or a home workout or yoga session using one of the many online resources available.

If you are at your desk, in a workplace or at home, remember to stand more.

Get up at least every 20 minutes or get a stand-up desk option. Have a regular break and walk outside, or around the house, do some squats or lunges, to activate those major leg muscles.

Stay active to stay healthy during the crisis.

Active Geelong is an organisation dedicated to promoting activity in our community. Our goal is to make Geelong Australia's most active city.

Our website [activegeelong.org.au](http://activegeelong.org.au) provides you with exercise and activity options as you try to keep active during the COVID-19 crisis.

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