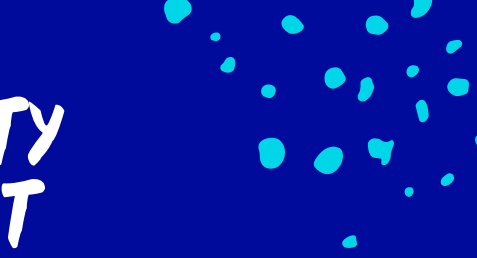
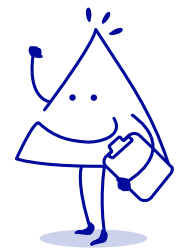


PHYSICAL ACTIVITY RECORDING CHART



Keep motivated by
1. writing your weekly physical activity goal
2. recording your daily physical activity



WEEK 1

This week's goal: _____

DAILY PHYSICAL ACTIVITY

Mon: _____

Tues: _____

Wed: _____

Thur: _____

Fri: _____

Sat: _____

Sun: _____

WEEK 2

This week's goal: _____

DAILY PHYSICAL ACTIVITY

Mon: _____

Tues: _____

Wed: _____

Thur: _____

Fri: _____

Sat: _____

Sun: _____

WEEK 3

This week's goal: _____

DAILY PHYSICAL ACTIVITY

Mon: _____

Tues: _____

Wed: _____

Thur: _____

Fri: _____

Sat: _____

Sun: _____

WEEK 4

This week's goal: _____

DAILY PHYSICAL ACTIVITY

Mon: _____

Tues: _____

Wed: _____

Thur: _____

Fri: _____

Sat: _____

Sun: _____

THIS MONTH I WAS ACTIVE ON DAYS 








Australian Physical Activity Guidelines recommend being active on most, preferably all, days of the week.

BUILD UP TO 30 MINUTES OF PHYSICAL ACTIVITY PER DAY.

JOIN THE MOVEMENT MOVEMENT!
Visit activegeelong.org.au

 @activegeelong
 @activegeelong

PHYSICAL ACTIVITY BENEFITS FOR ADULTS AND OLDER ADULTS

-  Benefits health
-  Improves sleep
-  Maintains healthy weight
-  Manages stress
-  Improves quality of life

REDUCES YOUR CHANCE OF:

- Type 2 diabetes -40%
- Cardiovascular disease -35%
- Falls, depression and dementia -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

WHAT SHOULD YOU DO

FOR A HEALTHY
HEART AND MIND

FOR STRONGER
MUSCLES, BONES AND JOINTS

TO REDUCE YOUR
CHANCE OF FALLS

BE ACTIVE

SIT LESS

**BUILD
STRENGTH**

**IMPROVE
BALANCE**

VIGOROUS

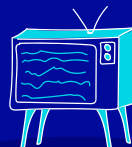
MODERATE



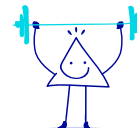
Run



Walk



TV



Gym



Dance



Sport



Cycle



Sofa



Yoga



Tai Chi



Stairs



Swim



Computer



Carry bags



Bowls

MINUTES PER WEEK

75

Vigorous

150

Moderate

**BREAK UP
SITTING TIME**

2 DAYS PER WEEK

Active
Geelong

 @activegeelong
 @activegeelong
 Visit activegeelong.org.au

Something is better than nothing.
 Start small and build up gradually.
 Just 10 minutes at a time provides benefit.
MAKE A START TODAY!

Reference: Start Active, Stay Active: <http://bit.ly/startactive>