

## Moving your body

- ▶ Being physically active is one of the most important things you can do for your health – no matter how old you are or what health condition(s) you have.

Being active makes your heart, lungs, and bones stronger and helps with weight, blood pressure and your blood sugar. Being active helps you feel better and gives you more energy.

Check with your doctor or nurse. They can advise about how much activity you should be aiming to do and what are the best type of activities for you.

When setting a goal around being more active, it is helpful to know how much activity is good for our health. The minimum physical activity recommendations for adults in New Zealand are:

- Do at least 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity spread throughout the week.
- Do muscle strengthening activities on at least 2 days each week.

Sit less, move more! Break up long periods of sitting.

### Examples of moderate activity include:

- Walking fast, lane swimming, riding a bike, light gardening and pushing a lawn mower, sports such as doubles tennis, housework such as vacuuming, washing the car

### Examples of vigorous activity include:

- Walking uphill or tramping, jogging or running, swimming fast, riding a bike fast or on hills, sport such as singles tennis or rugby, skipping rope, martial arts, heavy gardening such as digging

### Examples of activities that strengthen muscles:

- Lifting weights, working with resistance bands, doing exercises that use your own body weight such as push-ups and sit-ups, heavy gardening, yoga, Pilates

We are all different so remember to start slowly and build up the amount you do over time.

Ask your doctor or nurse if a Green Prescription would be a good idea. This is a community-based programme run by community organisations to help people get active again.

Use the weekly activity diary on page “Activity” on page 41 to add activity into your day.

Use the goal setting and action planning sections on page “My Plan” on page 14 to gradually build up the amount of activity.



# My weekly activity diary

To keep track of what I am doing

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Keeping well</b> Healthy eating Being active Managing symptoms Rest and sleep							
<b>Getting things done</b> Work Chores Study Relationship							
<b>Building my support team</b> Friends Family Whānau Work Healthcare team							
<b>Enjoyment</b> Fun Pleasure							



# My Plan

## My goal and action plan

**My goal:** One thing I am going to work on:

**Why do I want to do this?** .....

**How will this help?** .....

**What could I do to achieve this:** Make a list, *choose one thing you could do.* .....

**What will I do:** .....

**How much or how often will I do this:** .....

**When will I do this:** .....

**Who can help me:** .....

**How confident am I that I can do this:**

☹ 1 2 3 4 5 6 7 8 9 10 ☺

**Other things I will do to help and ask my healthcare team about:** .....

**Things I am not ready to do yet:** .....