

MOVE *for Life!*

REGULAR HEALTH CHECKS AND A NUTRITIOUS DIET ARE IMPORTANT

Equally important is activity. Exercise can alleviate stress and build strong muscles and bones, as well as reduce your risk of heart attack, stroke and some cancers and improve blood pressure, cholesterol, blood sugar levels and brain function. Moving will improve your energy, sleep and your looks all at the same time!

• BE ACTIVE MOST DAYS OF THE WEEK!

No effort is too small – start with simple options and you will have more energy and motivation to add more activity as you go – change one thing at a time – and more will follow.

Start off by changing your daily habits:

- Break up long periods of sitting – stand and stretch and go for a walk
- Take the stairs
- Turn off the TV and go for a brisk walk – you'll get to know your neighbourhood too
- Play with the kids or walk to the park and kick the footy
- Exercise with mates
- Get off public transport a couple of stops early or park your car further away
- Walk or cycle to work -no need to rush – enjoy the scenery
- Do some work around the house, such as gardening or DIY work
- Swim, dance, walk the dog

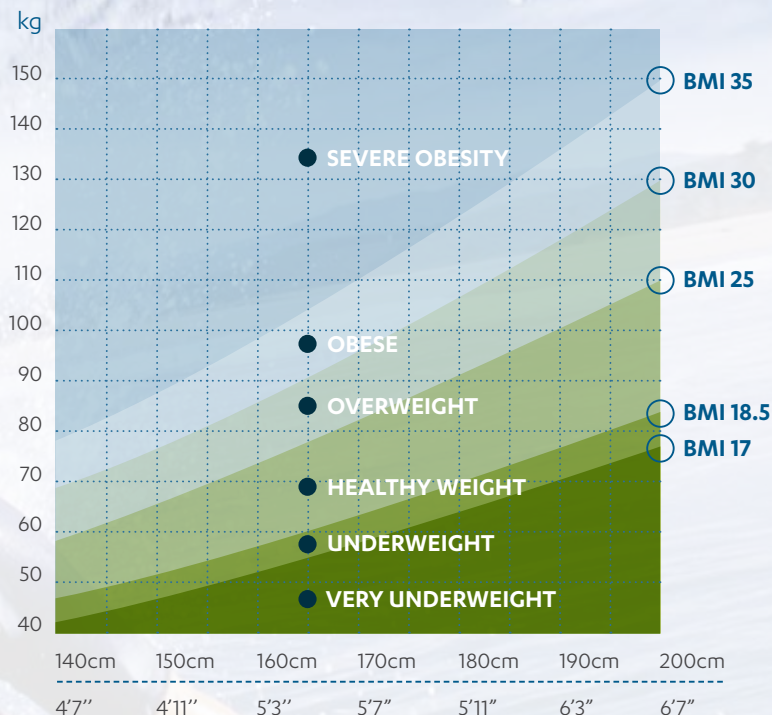
Remember – it is important to stretch your muscles after exercise to avoid injuries!



AIM FOR A HEALTHY WEIGHT: BMI CHART FOR ADULTS

$$\text{BODY MASS INDEX (BMI)} = \frac{\text{WEIGHT (kg)}}{\text{HEIGHT}^2 \text{ (metres)}}$$

Weight in kilograms in light clothing without shoes



Height in centimetres (feet and inches) without shoes

WHERE ARE YOU AT?

Check your waist with a tape measure – ideally for blokes 94cm (or less) around the belly button. If yours is over 103cm you are entering a dangerous zone...!

MORE INFORMATION:
www.betterhealth.vic.gov.au
www.shapeup.gov.au