

LIFESTYLE MASTERY TIP SHEET

#3

MOVE

Remind me, why is physical activity important?

Being physically active enhances resilience by protecting people against the negative effects of stress. Being physically active not only benefits our physical health, but greatly impacts our mental wellbeing, too! The greater our physical and mental wellbeing, the more resilient we can be!



3 SIMPLE WAYS TO IMPROVE YOUR PHYSICAL ACTIVITY

- First and foremost - choose activities that you enjoy!
- Schedule a realistic and regular time on each day that works for you to get active.
- Set some simple goals to keep you motivated.



REMEMBER: Always get a doctor's advice before commencing any exercise program

I have a plan on what I want to do.... how can I get started?

Fantastic! Starting a new routine can be as simple as thinking of and swapping "the little things". A good question to ask yourself can be "what are some ways I can increase my physical activity during the day?"



For example, some changes might be:

- Walking or cycling instead of driving
- Getting off the bus or train a stop earlier and walking the rest of the way
- Going out for a walk after work instead of watching TV, YouTube or scrolling through Instagram/Facebook.
- Going out for a walk in the morning before work to help wake up
- Going out with friends for a fun physical activity, instead of staying at home
- Standing up from your desk and walking around every 30 minutes or so
- Going for a walk or run on your lunch or tea breaks

There are many more activities you can do! Just think of some of the "swaps" you can do during the day, or areas you can increase your activity!

How do I know if it's working?

Physical activity, when used in the form to look after ourselves, works when it's feeling good. If physical activity changes into something like "burning off the food I "treated" myself to" or becoming "beach body ready", then it may become detrimental to your wellbeing.

Remember to look out for these thoughts, and remember that you're using physical activity to help yourself feel good, feel confident, and feel more resilient!

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.