

# Physical activity

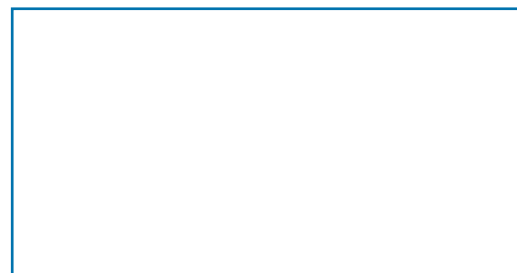
## Gettin' started

## The facts!

You need to do at least 30 minutes of exercise a day.

It is important to do something you enjoy.

Walking is a great form of exercise – it is cheap, you can join a walking group; walk with your family or community.



### NSW Chronic Care for Aboriginal People Program

#### For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

**Chronic Care for Aboriginal People Program:**  
[www.health.nsw.gov.au/initiatives/chronic\\_care/aboriginal/index.asp](http://www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp)

Produced by the NSW Chronic Care for Aboriginal People Program.  
**Aboriginal Health and Medical Research Council:**  
[www.ahmrc.org.au](http://www.ahmrc.org.au)

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*Chronic Care  
for Aboriginal People*





## What is physical activity?

Physical activity simply means exercise such as:

- Walking
- Gardening
- Playing sports
- Walking up stairs
- Water aerobics
- Dancing.

## Regular physical activity reduces the risk of:

- Diabetes
- High blood pressure
- Heart disease
- Depression and anxiety
- Becoming overweight.

## Regular physical activity

- Helps build and maintain healthy bones, muscles, and joints
- Improves your circulation
- Helps your body to fight off diseases
- Improves your overall fitness and health
- Makes you feel good and keeps your weight down
- Helps lower your blood pressure
- Helps control blood glucose for diabetes
- Improves your cholesterol.

**NSW  
Chronic Care  
for Aboriginal  
People  
Program**

## Getting started

- Get a check from your health worker before you start
- Take a walk around the block with your family, friends or dog
- Do some gardening
- Do some activities with your kids, play ball, swim, bicycle
- Walk up stairs instead of getting the lifts
- Wear comfortable shoes and loose clothes
- Drink water before exercising
- Do not exercise after a meal or in the heat of the day.

