

Physical activity.



13 11 20
Cancer Council



Benefits of being active

- Build fitness, balance and flexibility
- Maintain bone and muscle health
- Improve mental health and mood
- Manage weight
- Sleep better
- Improve blood pressure
- Reduce the risk of chronic diseases
- Manage chronic diseases

Physical activity reduces cancer risk

Physical activity is any movement you do during your day, not just planned exercise! Being active reduces the risk of bowel cancers and may reduce the risk of post-menopausal breast cancer and endometrial cancer. Doing some vigorous physical activity has additional benefits, and may reduce the risk of both pre- and post-menopausal breast cancer. There is also some evidence that being physically inactive (sitting more) may increase the risk of endometrial cancer.

Exercise intensity

Intensity	Talk level	Examples
Light 	Normal breathing rate - can sing or talk.	<ul style="list-style-type: none">• Slow walking• Stretching• Light housework 
Moderate 	Breathing getting faster - can carry a conversation but not sing.	<ul style="list-style-type: none">• Brisk walking• Cricket• Leisurely swimming 
Vigorous 	Gasping for breath - can't hold a conversation.	<ul style="list-style-type: none">• Jogging• Soccer• Dancing 

What should I do?

Guidelines for adults (18-64 years)

- Be active on most days of the week.
- Aim for at least **two hours 30 minutes** of moderate intensity activity, **one hour 15 minutes** of vigorous intensity activity, or a mix of both.
- Minimise and break-up long periods of sitting.

Guidelines for older adults (65+ years)

- Aim for at least **30 minutes** of moderate intensity physical activity on most days.
- Do a range of activities that incorporate fitness, strength, balance and flexibility.

Guidelines for children (5+ years)

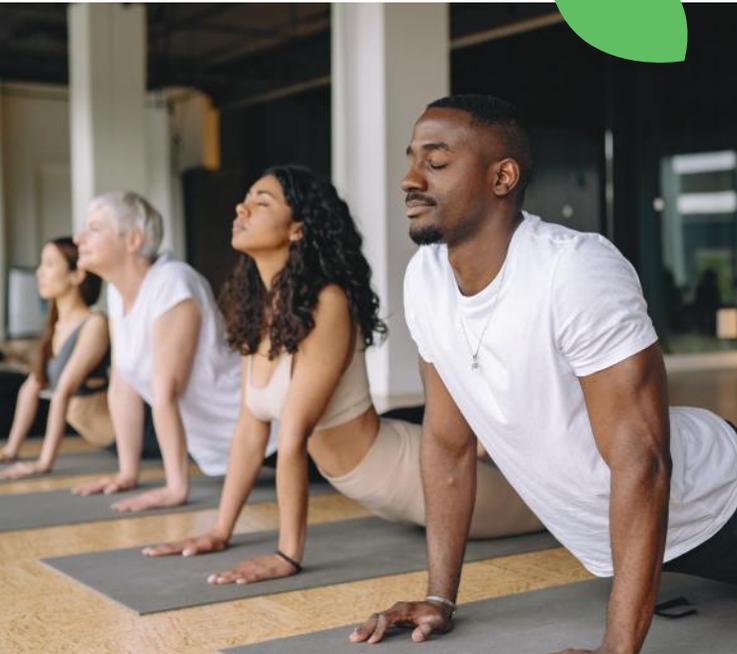
- Aim for at least **one hour** of moderate to vigorous physical activity every day.
- Incorporate vigorous activity at least **three days** each week.
- Minimise and break-up long periods of sitting.
- Limit recreational screen time to **two hours** per day.



Move stronger

Incorporating strengthening activities on at least **two days** each week will help keep muscles and bones strong and maintain balance and flexibility.

Strengthening your muscles doesn't have to involve going to the gym or doing weights; yoga, pilates, calf raises, squats, push-ups and sit-ups also count as strength exercises.



Tips to get moving!

Physical activity includes most movement, such as:

- Deliberate exercise or sports (e.g. running, playing football or going to the gym).
- Incidental activity (e.g. playing with kids, hanging out the washing, walking to the bus).
- Work-related activity (e.g. climbing a ladder, lifting boxes).

Getting from A to B

- Ride, walk, or take public transport to work or school each day.
- If you have to drive, park further away from your destination and walk the rest of the way.

At your desk job

- Take the stairs instead of the elevator to get your heart pumping before settling into your chair.
- Use the bathrooms on a different level, and take the stairs to get there.
- Add a regular calendar reminder or alarm to stand and stretch a few times a day.

Leisure time

- The key to staying active is to find an exercise you enjoy. This can be an organised sport, rock climbing, gym class, tai chi, or simply taking the dog for a walk.
- Rope a friend into your exercise plans to help you keep motivated.
- House tasks like gardening, cooking and vacuuming all count as physical activity - get your house in order while moving more!
- Limit time spent sitting (e.g. watching TV, gaming) and break-up long periods with a quick stretch or walk around the room.

Getting started

- Anything is better than nothing! Start slow and gradually increase the time and intensity as your fitness improves.
- Swimming may be suitable because the buoyancy of the water supports your body, while cycling is easier on the knees than running. Doing workout videos at home means you can set your own pace.

- Don't push yourself too hard. If an activity hurts, decrease the intensity or stop altogether. Discomfort is OK, but pain is not! Going too hard can also make exercise seem like a chore which won't help you keep it up in the long term.

Finding time to be active

- Make it a priority and schedule it into your day.
- Plan social activities that involve movement. Instead of watching a movie or sitting at a cafe, organise to go for a walk or ride, fly a kite, go to the park or zoo, or have a swim at the beach.
- Include physical activity in your daily life, such as by taking active transport to work or school, using a stationary bike while watching TV, and always taking the stairs instead of the lift.
- Reduce screen time. Switch off your screen and take a walk around the block or kick a footy with the family.



Body weight and exercise

Eating well and being active are two things that can help manage body weight. It's important to know, however, that physical activity provides health benefits for everyone, regardless of current body weight, and regardless of whether it leads to a change in weight.

Exercise cautions

If you have any cardiovascular symptoms (e.g. chest pain) or a history of heart disease, stroke, lung disease, diabetes, other active chronic disease, any medical concern, or you are pregnant, consult your doctor before increasing the intensity or duration of your activity.

When being active outdoors it's important to protect yourself against skin cancer.

Be SunSmart in five ways:



SLIP



SLOP



SLAP



SEEK



SLIDE



Visit myUV.com.au for more information.

ONE IN THREE CANCERS CAN BE PREVENTED.



Make smoking history

- Plan and prepare to quit and stay quit.



Be SunSmart

- Protect your skin when the UV is 3 or above.



Eat more plants

- Include plenty of vegetables, legumes, fruit, wholegrains, nuts and seeds.



Be active

- Sit less and move more every day.



Avoid alcohol

- Have alcohol-free days and swap to low- or no-alcohol drinks.



Avoid excess weight gain

- Eat well and be physically active.



Make time for your health

- Participate in screening and vaccination programs.
- Visit a health care professional if you notice a change in your body.



For support and information on cancer and cancer-related issues, speak to a cancer nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.