

Struggling to find 30 minutes in the day? Instead break it up and do three 10-minute sessions spread throughout the day.



# PHYSICAL ACTIVITY

Regular physical activity is important for your health and you should aim to do at least 30 minutes every day or 2 ½ hours each week. The intensity should be enough to get you moving and heart rate up, but you should still be able to talk without being short of breath.

- · Strengthens your muscles
- Builds stronger bones
- · Makes you feel better about yourself
- · Reduces your risk of having a heart attack or developing other health conditions

#### **SOTW Exercise Levels:**

Exercise Level — Getting Active

### Suits those who:

- feel unsteady when they walk or turn
- use a walking aid such as a walking frame or stick
- need help with doing household activities like cleaning or shopping
- · haven't exercised in a while and are just getting back into it
- have medical conditions

## Exercise Level — Active and Advanced

#### Suits those who:

- exercise regularly
- · can easily walk and do daily activities
- feel steady walking and bending down
- · have no physical limitations or pain
- no medical conditions or have a minor medical condition but it is well-controlled
- may attend a gym and/or play sport

We advise you to start with the Getting Active exercise option if you are unsure.

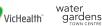
# Tips for staying active from Western Bulldogs Physical Performance Manager, Mat Inness:

- Use music for motivation
- Create opportunities to get your steps up each day e.g. park further away at the shops or work, jump off a stop early using public transport, plan walking meetings or phone calls
- Aim to exercise every day at the same time it will then become a habit!
- Get your workout gear ready the night before
- "The five second rule" set a reminder and do it immediately when your reminder goes off
- Start conservative if you go too hard, you will be too sore and tired to exercise the next day
- Find activities you enjoy and mix it up (strength-based and cardio-based activities)
- Exercise with a mate or fellow SOTW (follow current government COVID19 guidelines)
- Join a local walking group
- Use an app or our SOTW exercise diary to track your exercise and progress













# **EXERCISE SAFETY**

If you have had a recent fall in the last 12 months, not exercised for a while, have any medical conditions or questions about what exercises you can do safely, have a chat to your doctor before you do any exercise.

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Have you got your comfy exercise clothes on and your runners?
Have you got your water bottle and any medications needed (e.g Ventolin) ready to go?
Have you got your glasses on if you need them? Be careful when walking outdoors if you have new glasses.
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Does the area have good lighting? Can you see the ground well if you are outside?
☐ Is it wet outdoors? (If it is, think about exercising indoors if it is safe)
Is someone else nearby when you exercise if you need help? If you live alone or no one is home, tell someone that you are going to do some exercise.
Have you got your phone within reach? This is important if you live alone or are planning to exercise outdoors alone.
Have you warmed up?

# When exercising remember:

- After not exercising for a while or if you are recovering from being sick, it is best to start at a lower intensity. We suggest starting with our 'getting active' option first. You can then progress.
- If watching an exercise video:
  - Can you hear the instructions well? Try turning up the volume on your device.
  - Watch and listen to the instructor explain techniques for all exercises and then try them.
  - Can you see your screen easily while you exercise? A laptop or tablet (e.g. iPad) may be best. Put your laptop/tablet somewhere where you can easily see the screen.
- Exercise at your own pace. You don't have to keep up with the instructor.
- Listen to your body! If a certain type of exercise is painful or you feel a bit unsteady or unsafe, stop doing it. Choose something that is easier or safe for you to do. You should feel a little out of breath, but still be able to talk. If you are too out of breath to talk you are working too hard.
- Stop exercising if you feel dizzy, have chest pain, shortness of breath or feel unwell. You should mention these problems to your doctor before exercising again.
- Take rest breaks. It is ok to pause, drink some water and recover.
- Exercises focusing on balance must be done safely and carefully. To support and steady yourself use something stable like a wall, bench, table, or sturdy/heavy chair that is unlikely to tip over.
- If exercising outdoors watch out for any potholes, tree roots, broken glass or uneven surfaces.

## After exercise:

- · Keep hydrated and take some time to cool down.
- You did great. Enjoy the time to cool down and reflect on your efforts!
- · When getting back into exercise after a break or trying new exercises, you might feel a little sore in your muscles. This soreness should go away after a couple of days. If it doesn't go away after a few days, chat to your doctor or a health professional to get some advice.

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