

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



PHYSICAL ACTIVITY INFORMATION

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.

Benefits:

- 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

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EXERCISE SAFETY INFORMATION

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.

Safety checklist:

- ☐ 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.
- ☐ Is the space clear/free of obstacles such as rugs, cords, pets, children's toys, so you don't trip?
- ☐ 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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