KEEP IT moving!

How to be active for your health

Being active is critical for maintaining both physical and mental health, can help keep you independent, reduce the risk of falls and prevent the risk of health complications. Regular physical activity may actually prime our immune system to lessen the risk of infection. It is important to be safe while exercising, so ensure there are no trip hazards nearby, have a stable surface in arms reach for balance and let someone know you are exercising.

Start

Warm up / Cool down
Start and finish your workout with a 5 minute gentle warm up/cool down

10min

Cardio
10 minutes of cardio at an intensity that makes you huff and puff (brisk walk around the house, stair climbing or marching on the spot)

If you are just starting out with exercise, you should progressively increase your weekly activity with a goal of at least 150 minutes of moderate or 75 minutes of vigorous intensity aerobic exercise (run/walk/swim/ride) each week and two to three resistance exercise (weights/bodyweight/bands) sessions each week.
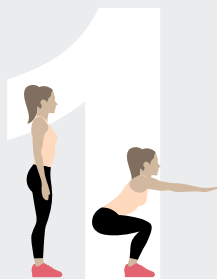
FOR EACH OF THE 7 EXERCISES

10-12	Tempo	Repeat
START WITH 10-12 REPETITIONS AND PROGRESS UP TO 15 AS THE EXERCISE BECOMES EASIER	PERFORM EXERCISES AT A CONTROLLED RATE	REPEAT THE CYCLE OF 7 EXERCISES 3 TIMES

1 Squats
(sit to stand with a chair, progress to full squat)

2 Wall push up
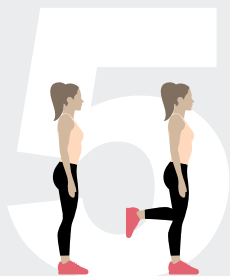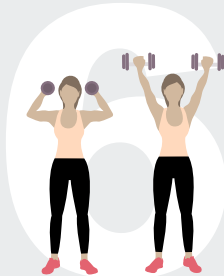(progress to the kitchen bench or table)
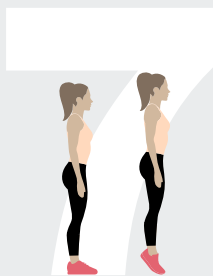
3 Step ups
on a step (alternate which leg leads)

4 Seated leg extension

5 Standing hamstring curl

6 Shoulder press

7 Calf raises

Stay hydrated

Wear appropriate footwear

Use a theraband, light dumbbells or bottles of water/ cans of soup

Try to exercise at the same time of day, so that it becomes routine

For more information contact **exercisephysiology@baker.edu.au** or visit **baker.edu.au**

If feeling unwell (lightheaded, intense chest pain) stop exercising. If you continue to feel unwell, seek medical advice or contact your GP.

The above exercises are generic and not individualised. Please seek the assistance of an accredited exercise physiologist (AEP) to individually tailor a exercise program to your current fitness levels and needs. To find an AEP in your local area, please go to **essa.org.au/maps**

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