

EXERCISE

I WILL

- ...reduce my risk of cancer and other diseases
- ...increase my fitness
- ...reduce my stress
- ...have more energy
- ...improve my mental health and concentration

CANCER AUSTRALIA RECOMMENDS:

- Aiming for at least 30 minutes of moderate intensity physical activity every day and limiting sedentary habits, such as watching television, to reduce cancer risk.

MYTH

I DON'T HAVE THE TIME TO EXERCISE

30 minutes of physical activity every day might sound like a lot, and for many of us who are time-poor, exercise is the last priority. But with a few small changes, you can fit exercise into every day:

- Think of exercise as part of your daily routine and prioritise it, just like brushing your teeth.
- Include small amounts of exercise throughout your day – go for a walk at lunch, take the stairs instead of the lift, get off the bus one stop early, or catch up with a friend for a walk instead of a coffee.
- Put out your shoes or exercise clothes the night before, or take them to work, so they are ready to go when you are busy.

MYTH

GYMS ARE TOO EXPENSIVE AND THERE'S NOWHERE TO EXERCISE WHERE I LIVE

You don't need a gym or expensive equipment to get fit, you can make it part of your day wherever you are!

- Be active in your own home – try an exercise DVD, download an exercise app or do body weight exercises like push-ups, squats or lunges.
- Walk to and from places rather than driving or taking public transport, for example to the shops or a friend's house.
- Work in the garden – get into some energetic gardening like digging or mowing the lawn to raise your heart rate.

MYTH

I DON'T HAVE THE DISCIPLINE TO EXERCISE

Even small amounts of physical activity are better than none. The hardest part is getting started!

- Set realistic goals, start at your own pace and build up a regular routine over time.
- Include variety and try different workouts, sports or local activities which you enjoy doing. Adding variety to your exercise routine will prevent boredom and help you keep reaching your physical activity goals.
- Be social – involve a friend, colleague, neighbour or relative in your exercise routine. This will help keep you both motivated and committed, while having fun!
- Use a Physical Activity Planner to track your progression. Compare this against a Meal Planner to make sure you're balancing the food you eat with how much exercise you do.

MYTH

I'M TOO OLD TO EXERCISE

Older adults, who are generally fit and have no health conditions that limit their mobility, should try to be active daily through aerobic and muscle-strengthening activities.

- It's always a good idea to speak with your doctor about the most suitable activities for you before you start.
- Start with a low impact activity such as walking, aqua aerobics or Tai Chi.
- If you have good mobility – try dancing, bushwalking or exercising to music.
- Any increase in physical activity is beneficial for your physical and mental health. Try starting with 10 minutes each day and slowly build your way up to the recommended amount.

TOP TIP



Register with The Healthy Weight Guide, an online tool which will help you to set your goals, plan healthy meals and physical activity, and provide support along the way.

FIND OUT MORE



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#checkyourcancerrisk

Australia's Physical Activity and Sedentary Behaviour Guidelines – Australian Government Department of Health

Building more movement into your daily life – Australian Government Department of Health

Everyday ways to make an active lifestyle normal – Make Healthy Normal (NSW Health)

Choose Health, Be Active: A Physical Activity Guide for Older Australians –

Australian Government Department of Health and Department of Veterans Affairs

Cancer Australia Position Statement – Lifestyle risk factors and the primary prevention of cancer