



Sit Less, Move More

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. These are just some of the reasons why sit less, move more is one of our 5 key messages!

Physical Activity Guidelines for Adults (18-64 years):

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

Sedentary Behaviour Guidelines:

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

Keep reading below to find out what exactly we mean when we say physical activity. For more information about the guidelines mentioned above, [click here](#).

The guidelines for older Australians (65 years plus) also recommend that older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility. You can find detailed recommendations by [clicking here](#).

What is physical activity?

Physical activity is any activity that gets your body moving, makes your breathing become quicker and your heart beat faster. This includes everyday activities (e.g. walking to the shop, gardening) and organised activities (e.g. exercise classes).

What is sedentary behaviour?

Sedentary behaviour is when you sit or lie down (except for when you are sleeping). For example sitting at your desk, watching TV, driving.

What do 'moderate' and 'vigorous' mean?

Moderate intensity physical activity causes your heart to beat faster but you can still talk comfortably. Vigorous physical activity causes your heart to beat a lot faster and shortness of breath makes talking difficult (e.g. jogging, fast cycling).

If you would like to sit less and move more but aren't sure where to start, why not join Australia's largest walking community. You can find a walking group near you on the [Heart Foundation Walking website](#). They also have some great resources outlining the benefits of walking and give pointers on how to start your own walking group.

Benefits of being physically active			
Strengthen muscles		Keep lifestyle associated diseases at bay	
Improve bone strength		Improve self-confidence	
Improve your health and wellbeing		Promote social and mental health	
Types of Physical Activity	Benefits	Recommended Frequency	Examples
Cardiovascular fitness	Keep heart and lungs healthy	At least 30 minutes on most days	Brisk walking, gardening, recreational cycling and swimming
Flexibility	Can move more easily	Some every day	Yoga, pilates, vacuuming, mopping, tai chi, shoulder roll, heels up toes up
Strength	Keep muscles and bones strong	2-3 times per week	Climbing stairs, push ups, lifting or carrying, resistance training

5 KEY MESSAGE