

National physical activity guidelines for adults

(2005)



Type: Brochure

Description:

This brochure sets out four steps that Australian adults can take to get healthier and fitter. They include:

- thinking of movement as an opportunity, not a hassle
- trying to be active every day in as many ways as you can
- trying to do at least 30 minutes of moderate strength physical activity on most, and if you can, every day of the week
- sometimes enjoying some regular, vigorous (energetic) activity for more health and fitness if you are able

For each step there is advice on the minimum amount of physical activity needed for a person to improve their health. There is also advice for those who are able, and wish, to achieve greater health and fitness results.

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

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When to use this resource:

The guidelines (steps) outlined in this brochure are not intended for high-level fitness, sports training or weight loss, only for people wanting to improve their overall health and fitness. This brochure is meant to provide adults with advice on how much physical activity is recommended to help stay healthy. It can be used for planning a physical activity program.

This is not an Indigenous specific resource.