

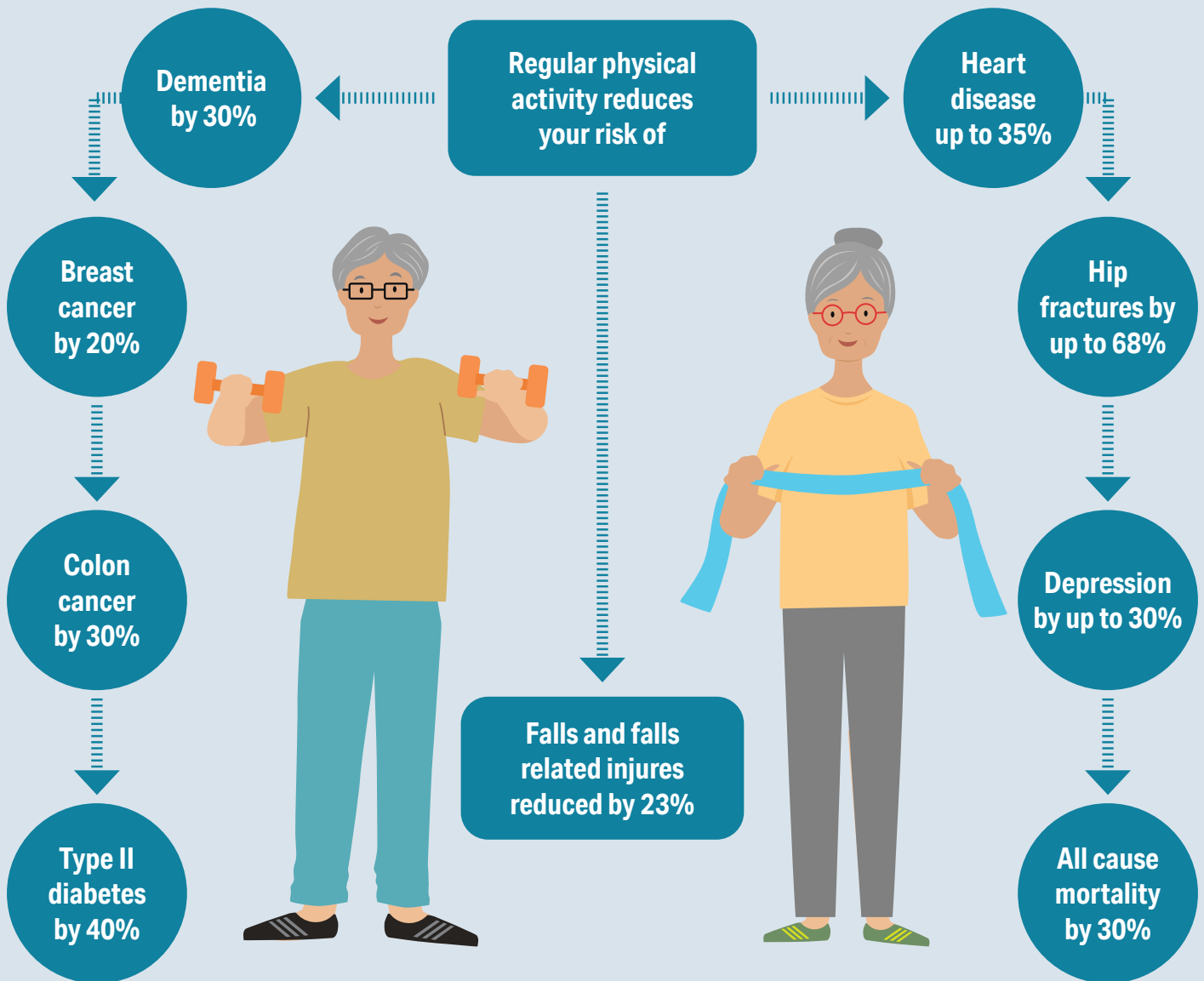


Move It May

Move it like you mean it!

Physical activity helps keep you physically and mentally strong and will improve your overall wellbeing. Examples include working, getting to and from places, household chores and recreational activities.

The benefits



Tips to get moving

- ask your health professional for advice before starting any exercise
- aim for 30 minutes of physical activity a day
- add strength and balance exercises every other day
- some physical activity is better than none
- start with small amounts and gradually build up over time
- do what you can without overstretching yourself
- choose activities you enjoy and find a friend to join and help motivate you.



Ideas for moving

- simple exercises – supportive and easy on joints
 - knee extensions
 - mini squats
 - standing marches
 - heel and toe raises
 - wall push-ups
 - sit-to-stand exercises
 - seated arm stretches, leg stretches, star jumps, marches, touches or overhead punches
- recreational activities like lawn bowls, golf, gardening or dancing
- walking
 - do a few laps your room, ward, house, garden or block
 - walk the dog
 - walk to the shops instead of driving
- playing with your grandchildren
- hydrotherapy – a low-impact full-body workout, good for the joints
- tai chi – enhance your balance, mindfulness and relaxation
- gentle stretches or yoga – improve your flexibility and balance.

More resources

- In hospital, speak to your health professionals.
- In the community, visit injurymatters.org.au/programs/stay-on-your-feet