

Tips for being active

Being active is a great way to promote a happier, healthier lifestyle, and it's never too late to start.

Having existing health problems doesn't mean you can't be active, and many health problems can be helped by activity. Check with your doctor about the type and amount of activity you can do.

For children, the best way to be active is to play – indoors or outdoors.

For adults, building [physical activity](#) into daily routines is a good way to meet the [Australian Physical Activity Guidelines \(external site\)](#).

Read about some simple ways to build physical activity into daily life at any age.



Infants

- > Spend time playing with children.
- > Play music to encourage movement.
- > Choose 'active' toys that encourage reaching, stretching, crawling and moving.
- > Play push and pull games with balls and soft toys.
- > Encourage movement and play during bath time.

Toddlers and pre-schoolers

- > Choose 'active' toys that encourage movement and help develop skills like running, kicking, throwing and catching.
- > Playing with balloons, hide-and-seek, jumping games and digging in a sandpit encourage physical activity.
- > Walk or cycle to everyday places such as school and childcare.

Children 5 to 17 years

- > Keep balls, frisbees or kites handy and you will always be ready for action.
- > Encourage children to replace time spent using electronic media with active play.
- > Give 'active' gifts such as bats, balls, skipping ropes and scooters or bikes.
- > Encourage walking, skateboarding, scooting or riding to school.
- > Sign up to the local Walking School Bus.
- > Support participation in sports – team and/or individual.
- > Get children to walk the dog (and tag along as well).
- > Play music for dancing.

Better Health Program

[Better Health Program \(external site\)](#) is a free healthy living program for kids above a healthy weight, running across the Perth Metropolitan region. This fun and interactive program helps children aged between 7 and 13 years and their families to adopt a long-lasting healthy lifestyle. The program focuses on improving:

- > eating habits
- > fitness
- > teamwork
- > overall health.

Adults

- > Make small changes and move more throughout the day.
- > Choose activities you enjoy.
- > Make physical activity part of your daily routine – walk during lunch, cycle or take public transport to work.
- > Start a walking group with friends or family.
- > Start slowly and safely. Check with your doctor if you have concerns.

Older adults

- > Look for opportunities for incidental activity, for example housework, walking to the shops, gardening and vacuuming.
- > Try golf, lawn bowls, bocce, dancing or other social activities.
- > Join a walking group. For more information visit the [Heart Foundation website \(external site\)](#).

Places to be active

Being active can happen anytime, anywhere. You don't need to visit the gym or any special venue to be active. These simple tips can help you build physical activity into your day at home, work and in your neighbourhood:

At home

- > Do active chores, such as washing the car, vacuuming, and gardening.
- > Watch less TV and limit recreational computer use.
- > Stand while talking on the phone.
- > Stand up to change TV channels.
- > Be a positive role model for your children. Join in with games and other active pursuits.

At work

- > Walk or cycle to work. If it's too far, drive half way and walk or cycle the rest of the way.
- > Take public transport and get off the bus or train early and walk.
- > Schedule walk and talk meetings, or at least stand for some of the time.
- > Park your car further away from your destination and walk.
- > Take the stairs at every opportunity.
- > Alternate between sitting and standing throughout the day.
- > Walk to deliver a message, rather than using email.
- > Print documents to the furthest printer.

In your neighbourhood

- > Walk the dog.
- > Walk the children to school.
- > Ride your bike or walk to the shops.
- > Picnic in the local park (and walk there).
- > See what activities your local recreation centre offers.
- > Organise active outings such as bush walking, bike riding and going to the zoo.
- > Swim at the beach or your local pool.

More information

- > Speak to your doctor, local community, school or child health nurse.
- > Ring *healthdirect* on 1800 022 222.

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See also

- > [Sedentary behaviour](#)
 - > [Physical activity](#)
 - > [Overweight and obesity in adults](#)
 - > [Screen time](#)
 - > [Healthy weight](#)
 - > [Healthy weight loss](#)
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Related sites

- > [Better Health Program – for kids aged 7–13 years \(external site\)](#)
- > [Australian Government Department of Health \(external site\)](#)
- > [LiveLighter \(external site\)](#)
- > [LiveLighter for families \(external site\)](#)
- > [Stay on your Feet \(external site\)](#)
- > [Find a Club \(external site\)](#)
- > [TravelSmart program and Your Move program \(external site\)](#)
- > [Heart Foundation walking \(external site\)](#)
- > [Get on Track Challenge \(external site\)](#)
- > [My Healthy Balance \(external site\)](#)
- > [Healthier Workplace WA \(external site\)](#)