

"I find it hard to make time for physical activity every day, any advice?"
Sue, Te Puke.

Siobhan says... don't forget that many daily activities count as exercise

Lots of things you do each day count as exercise, like walking, climbing stairs, housework, cycling, gardening and dancing. So don't be too hard on yourself if you haven't taken part in an actual sports event. Any activity during leisure, working or travel counts, as well as participation in sports and formal exercise.

In terms of making goals for activity, adults should achieve a total of at least 30 minutes a day of moderate intensity physical activity on five or more days of the week. The 30 minutes can be achieved either by doing all the daily activity in one session, or through several shorter bursts of activity of 10 minutes or more.

Your workplace is an important setting in which you can increase your levels of activity to benefit your health and protect against illness. If you are working all day think about how you can fit some physical activity into your day. Perhaps you could look into walking or cycling to and from work. Do you have time to go for a walk with a friend or colleague at lunchtime? Find out if your workplace could organize corporate membership of a gym or other activity classes. A pedometer might be useful in motivating you to walk and will let you know exactly how far you walk each day.

Many of the district councils have walks planned to make walking easy, these are all available from your local library or on the internet. Other ideas for ways to get more active more often can be found at www.sparc.org.nz.

Remember that physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease and disability in our society such as heart disease, strokes, obesity, diabetes, hypertension, stress, anxiety, osteoporosis and lower back pain are associated with physical *inactivity*.