

## 10 SMART WAYS TO BOOST YOUR PHYSICAL ACTIVITY

**1. MAKE AN 'APPOINTMENT' TO EXERCISE** - Schedule regular exercise appointments like you would a doctor's appointment. Setting a regular time aside for exercise helps to keep you on track and get into a routine. Remember to plan a time and day that you are most likely to stick to for the long-term.

**2. TEAM UP** - Team sports are a great way to socialise and have fun while keeping fit and healthy. Having a team that relies on your attendance each week can make you less likely to skip your exercise - you won't want to let your team down!

**3. GO THE EXTRA MILE** - If you drive or take the bus every day, try and park or get off further away from your destination. The extra walking (even an extra five minutes) adds up if you do it regularly.

**4. PLAN AN ACTIVE CATCH-UP WITH FRIENDS** - Try swapping a coffee or lunch date with friends for a walk or game of tennis. It's a great way to get fit and socialise at the same time.

**5. MAKE THE MOST OF YOUR LUNCH BREAK** - Going for a walk at lunchtime helps to clear your head as well as re-energise you for the rest of the day.

**6. CLIMB IT** - Make the most of every chance to exercise by taking the stairs instead of the lift or escalators when you are working or shopping.

**7. PLAY WITH THE KIDS** - Why not go to the park or play in the backyard with your children? This will be fun for the whole family and set an example to children, encouraging them to have a positive attitude towards physical activity.

**8. TAKE A WALK WITH YOUR BEST FRIEND** - Make some time to take your beloved dog for a walk.

**9. GIVE YOUR CAR A BREAK** - Designate one day a week where you walk or ride to work (or another regular destination). Thirty extra minutes of walking each week amounts to 26 hours of additional exercise per year!

**10. CHOOSE AN ACTIVE SOCIAL LIFE** - Instead of going to the movies, why not get your friends together for a game of Ten Pin Bowling, lawn bowls or a walk around the shops.

### ***Eat better, feel better, see an APD!***

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.

