Tips and Ideas for Adults (18 – 64 years)

Think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference.

Active and Safe
- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.

Build Activity into your Day
- For short trips, walk or cycle and leave the car at home.
- For longer trips, walk or cycle part of the way.
- Use the stairs instead of the lift or escalator.
- Get off the bus one stop earlier and walk the rest of the way.
- Park further away from your destination and walk.

Active at Work
- Take the stairs instead of the lift.
- Walk to deliver a message to your colleague, rather than emailing.
- Leave your desk at lunch time and enjoy a short walk outside.
- Organise walking meetings.

Active Indoors
Don’t let the weather stop you!
- Body weight exercises like squats, push-ups, sit-ups and lunges, can all be done indoors.
- Try indoor activities like:
  - dancing,
  - indoor swimming,
  - yoga or pilates,
  - martial arts,
  - squash, or
  - indoor rock climbing.

Make your move – Sit less – Be active for life!
Tips for Reducing Sedentary Behaviour

- Get up to change the channel on the TV instead of using the remote.
- When tidying up, put things away in multiple small trips rather than one big haul.
- Preset the timer on your TV to turn off after an hour to remind you to get up and move more.
- Walk around when talking on your mobile phone.
- Stand up and move during your favourite TV shows.
- Instead of sitting and reading, listen to recorded books while you walk, clean, or work in the garden.
- Stand on public transport and get off one stop earlier than your destination.

If you work in an office:

- Take your lunch break outside or in another location instead of sitting and eating at your desk.
- Stand while you read at work.
- Move your rubbish bin away from your desk so you have to get up to use it.
- Use the speakerphone for conference calls, and walk around the room during the conference.
- Ask your boss for a ‘walk and talk’ meeting rather than a sit down meeting.