



Tips and Ideas for Young People (13-17 years)

60 minutes, every day.

Active and Fun

Instead of watching TV or using other electronic media:

- Try social outdoor activities like kicking a footy or throwing a frisbee with friends or family.
- Catch up with friends to walk and talk, instead of sitting down to chat.
- Swap social media for social activity.

Active Travel

- For short trips, walk, ride or skateboard safely, instead of travelling by car.
- Use public transport and walk or ride to and from the bus stop or train station.
- Get off the bus one stop earlier and walk the rest of the way.
- When out shopping, use the stairs instead of the lift or escalator.

Active and Safe

- Start slowly and build up the amount and intensity of physical activity.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- If you have a medical condition, speak with your doctor about the most suitable activities for you.

Active at Home

- Plan specific, limited time periods for watching TV and using electronic media.
- Sleep time is important – avoid using electronic media just before going to sleep.
- Do a DVD-based exercise or dance class.

Make your move – Sit less – Be active for life!





AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

For Stronger Bones & Muscles

Include strengthening activities on at least 3 days of the week, as part of your 60 minutes of physical activity.

Body weight exercises, like sit-ups, push-ups, lunges and squats will help your strength, and can be easily done at home.

Join a martial arts class.

Take the stairs, instead of the lift or escalator.

Learn to dance.

Tips and Ideas for Sitting Less

- Stand up and move during your favourite TV shows.
- Get up to change the channel on the TV.
- Stand or walk around while waiting for the bus or train.
- Stand up while talking on the phone.
- Set an alarm on your computer or electronic device to remind you to move more often.
- Listen to recorded books as you do your cleaning or go for a walk, rather than sitting down to read.

Ride your bike to meet up with friends on the weekend.

Join a local group or team.

Meet friends for a walk instead of a movie.

Make your move – Sit less – Be active for life!

