



Healthy Action

- Intro
- Outline
- Purpose





HEHA Message: 30 mins a day!

“Be active every day
for at least 30 mins
a day in as many
ways as possible”





HEHA Message: Plus some vigorous

“Add some
vigorous exercise
for extra benefit
and fitness”





NZ Physical Activity Guidelines

- View movement as an opportunity, not an inconvenience
- Be active everyday in as many ways as possible
- Put together at least 30 mins of moderate-intensity physical activity on most if not all days of the week
- If possible, add some vigorous exercise for extra health and fitness



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HEHA Healthy Action Messages

- Be active everyday for at least 30 minutes a day in as many ways as possible
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Wish

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What would you wish for if you could be granted any health wish?



Health Benefits of Physical Activity

- Live longer
- Reduce risk of
 - cardiovascular disease
 - type 2 diabetes
 - obesity
 - cancers
 - osteoporosis
 - depression
 - falls in older people
 - stroke
 - adult-onset asthma
 - Alzheimer's disease
- Improved mental health & wellbeing
- Reduce stress
- Reduce anxiety
- Improved symptoms in people with
 - chronic obstructive respiratory disease
 - osteoarthritis
 - obesity
 - diabetes
 - depression
 - hypertension
- Fitness
- Improve muscle strength & flexibility
- Better sleep

Small changes make a difference

○ Eg. 1

- Short brisk walk car to office 10min
 - Short brisk walk at lunch 10 min
 - Short brisk walk office to car 10 min
- = 30 mins



○ Eg. 2

- Go to bed 10 mins earlier
- Get up 20 mins earlier
- Brisk 30 min walk before work
- (And get ready 10 mins faster!)



= 30 mins





Walking the talk

- Have a go ourselves, see how easy or hard it is to make these changes.
- Next session:
 - Barriers to physical activity
 - Overcoming barriers
 - Physical activity programmes in Southland