



Physical Activity

Body movement produced by skeletal muscles that expends energy

Physical activity can be fun, low cost, and great for your health

“Be active everyday for at least 30 minutes a day in as many ways as possible”

Moderate PA: breathing a little harder than normal

Egs: Brisk walk, gardening, kapa haka, aqua jogging

“Snacktivity”: Shorter sessions of 10-15 mins can build up through a day to reach the daily goal of 30 mins.

Encourage people to choose activities they enjoy.

It doesn't have to be hard to be good for you – doing *any* activity is better than doing none, and doing *more* is better than a little.



In New Zealand:

- 61% of adults are not regularly active
- 9% of young people and 10% of adults are not active *at all*, ie. Sedentary¹
- Physical inactivity is estimated to account for over 2600 deaths per year²

“Add some vigorous exercise for extra benefit and fitness”

Vigorous PA: makes you “huff and puff”

Adding some vigorous exercise gives extra protection against heart disease, and better fitness and sports performance.

In terms of cancer prevention, the more physical activity you do – the lower the risk of cancer.

Start slow and gradually build up to at least 20 minutes, 3 or 4 days per week.

Egs: active sports, jogging, fast cycling, power walking uphill

**“Tama tu tama ora,
tama noho tama mate.”**

*The person who is active will live long and live well,
but the person who only sits will not.*

(SPARC 2005, Movement = Health)

¹ SPARC, 2002. *SPARC Facts '97 – '01.*

² Ministry of Health, 2003. *Healthy Eating – Healthy Action. Oranga Kai – Oranga Pumau: A Background.*