

PHYSICAL ACTIVITY GUIDELINES



Physical Activity makes a positive contribution to health & wellbeing



Reduces stress



Improves brain health - perform better at work or school



Reduces risk of chronic health conditions



Increases wellbeing and quality of life



Maintains a healthy weight

Only half of our adult population are active enough to positively influence their individual health and wellness. Our children are active, but not active enough.

What can I do about it?

PRESCHOOL AGED CHILDREN (0-4 YEARS)

Active play in different ways every day

HOW:



BIKING



CLIMBING



TUMMY TIME



LIMIT SCREEN TIME



WATER ACTIVITIES



OUTDOOR TIME & ACTIVE PLAY



TIP: Access to green spaces, footpaths and cycle-friendly paths make physical activity a part of daily life

CHILDREN AGED 5-11 YEARS

60 minutes or more of moderate to vigorous physical activity a day

HOW:



SCHOOL PE & SPORT



STAND UP & STRETCH



CYCLE/WALK/RUN/SWIM



OUTDOOR PLAY & GAMES



PLAYGROUND



LIMIT SCREEN TIME



TIP: Snackivity - break up your exercise over the day i.e 10 minutes / 10 minutes / 10 minutes

CHILDREN AGED 12-17 YEARS

60 minutes or more of moderate to vigorous physical activity a day

HOW:



PE AT SCHOOL



SOCIAL SPORT



LIMIT SCREEN TIME



OUTDOOR PLAY, SPORT & GAMES



BREAK UP SITTING



CYCLE/WALK/RUN/SWIM



TIP: Choose activities you enjoy and keep it fun and varied

ADULTS 18+

150 minutes per week of moderate to vigorous physical activity a day
(Recommended 30 minutes a day, 5 times a week)

HOW:



ACTIVE TRANSPORT/SWIM



SPORT, CLUB OR GYM



REGULAR MOVEMENT



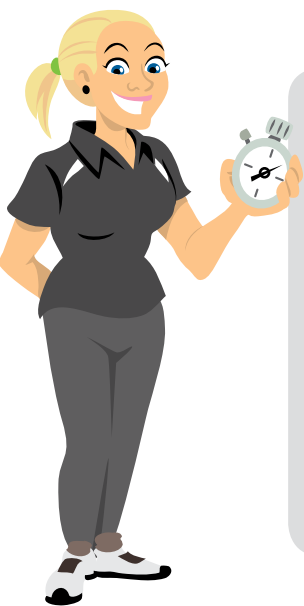
LIMIT SCREEN TIME/ BREAK UP SITTING



HOUSEWORK



VIGOROUS GARDENING



TIP: Anything you do needs to raise your heartrate above average and get you puffing for more than 10 minutes

OLDER ADULTS (65+)*

150 minutes per week of moderate to vigorous physical activity a day
(Recommended 30 minutes a day, 5 times a week)

HOW:



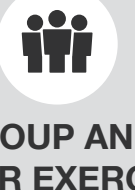
CYCLING



HOUSEWORK



SHORT WALKS



GROUP AND WATER EXERCISE



LIMIT SCREEN TIME



VIGOROUS GARDENING



TIP: Doing some physical activity is better than doing none

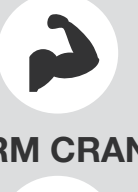
PEOPLE WITH PHYSICAL DISABILITIES OR LIMITED MOBILITY*

150 minutes per week of moderate to vigorous physical activity a day
(Recommended 30 minutes a day, 5 times a week)

HOW:



WATER ACTIVITIES



ARM CRANKING



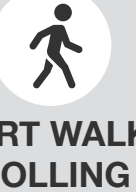
CHAIROBICS



GYM / FITNESS CLASS



ADAPTED SPORTS



SHORT WALKS/ ROLLING



*Be as physically active as their ability and conditions allow

REGULAR PHYSICAL ACTIVITY THROUGHOUT YOUR LIFE ENABLES YOU TO LIVE A LONGER AND HEALTHIER LIFE

These are the minimum levels of physical activity required to gain health benefits and incorporate incidental physical activity into everyday life. Consult your doctor before starting or increasing activity.

This guidance document was created based on the current Ministry of Health physical activity guidelines. For further references contact Sport Waikato.

GLOSSARY

Moderate intensity: Activity causes a slight, but noticeable, increase in breath and heart rate. You can still carry on a conversation.

Vigorous intensity: Activity makes you out of breath – you can't do these activities and chat at the same time.

