

Which activity is best?

There are three types of physical activity. Each is an important part in a healthy lifestyle and has a different benefit.

1

Cardiovascular activities work your heart, lungs and help to improve your fitness. These activities will make you huff and puff, increase your heart rate, and may cause you to start sweating. This is referred to as moderate intensity. Cardiovascular activities will burn more calories than the other types of physical activity and play an important role in weight management. As long as you are huffing and puffing, no single activity is better than another.

Examples: Walking, running, cycling, swimming, soccer, rugby, netball.

For health benefits

Aim for at least 30 minutes a day of moderate activity and add some vigorous activity if possible. For weight loss, research shows that a goal of 60-90 minutes a day is ideal. This is a goal to be built up to - you may want to start with 30 minutes.



2

Resistance activities increase muscular strength. They are important for maintaining bone density and for daily activities. Changing a tyre, lifting and carrying children, carrying groceries and even getting out of a car require strength. Increasing abdominal and low back strength can help with low back pain.

Examples: Fit-strips, weight training and Pilates.

To increase muscular strength

Aim to include resistance activities two to three times per week.



3

Flexibility activities help to keep joints mobile. They are important after training sessions to reduce stiffness and soreness.

Examples: gentle post exercise stretches and yoga.

To increase flexibility

Aim for gentle stretching exercises after your daily activity session.

