

# FITNESS & EXERCISE

So you're a busy student, always on the go, but are you moving enough?



If you haven't been active for a while getting started can seem like a huge effort. So here are some guidelines to get you going and make things a bit easier.

## How much exercise do I need?

To keep your heart healthy, aim for at least 30 minutes of moderate physical activity five or more times per week.

Moderate activity is any exercise that causes a slight but noticeable increase in breathing and heart rate and may cause light sweating.

If time is an issue or 30 minutes is too much at first, try breaking it up into three 10-minute chunks or two lots of 15 minutes.

- If your goal is to lose weight, aim for 60 minutes of light to moderate intensity activity on most days – it's best to build up to this gradually.
- You can also try adding in more intense 'vigorous exercise' that increases your breathing even more and makes you 'huff and puff'. Twenty minutes of vigorous exercise is about the same as 30 minutes of moderate or medium intensity exercise.

## Make it fun

If you enjoy the exercise you are doing you'll find it much easier to make it a part of your daily life. Do something you enjoy. You could try tennis or racquetball, swimming, dancing, running, team sports such as soccer or netball – anything you have fun doing.

- Look for friends to exercise with. You could join a class at the gym, a local sports team, find a buddy to walk with, or get your friends together for a game of softball or soccer
- If competition motivates you, try training for a specific event
- Set aside specific days and times for exercise so it becomes as much a regular part of your schedule as everything else
- Try varying your activities so you don't get bored.

## Muscle up (girls this includes you too)

Try adding some resistance training two to three times each week. This will help reduce body fat and increase your metabolism which means you burn more kilojoules when your body is at rest. It also improves your bone density and strength.

Resistance training doesn't have to be weights at the gym. Aqua-aerobics, rock climbing, exercises with rubber 'therabands', instructor-led classes at the gym such as 'Pump classes', or simple push ups and pull ups are all alternatives.

## What will you get out of regular moderate exercise?

- Reduced risk of developing serious diseases like heart disease, type 2 diabetes, cancer and arthritis



## Look for extra ways to put exercise into your day

'Incidental exercise' is a great way to add more activity into your life.

- Use the stairs instead of the lift
- Ride your bike to work or get off the train or bus one or two stops early and walk the extra distance
- Go for a walk on your lunch break
- Gardening and other chores such as washing and waxing your car or vacuuming can add activity into your day.

- Healthier bones, muscles and joints (this reduces your chances of arthritis and osteoporosis)
- Improved overall wellbeing
- Reduced feelings of stress, depression and anxiety
- Weight management
- Reduced risk of dying prematurely.

## Like to read more about exercise and fitness?

Visit [ahm.com.au](http://ahm.com.au) for more information about health management.



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### Emergency Service Helpline: 1800 006 745

Over-the-phone help for emergency medical assistance, stress and trauma counselling, plus interpreter service. Available 24 hours, 7 days a week.