



## PHYSICAL ACTIVITY: GETTING STARTED AND SETTING YOUR GOALS

### So why should physical activity be part of your daily routine?

Regular activity or sport is an essential part of a healthy lifestyle and is recommended for all people. For some, the benefits of physical activity include staying in shape or enjoying the company of fellow exercisers. Others undertake sport to put themselves to the test. A very few may win gold medals or break records as a result. However, personal satisfaction is the main motivator driving people to achieve sporting goals or to maintain good health via an active lifestyle.

#### Physical activity can increase your sense of well being!

- it can make you feel good
- it can boost your self esteem
- it can help relieve stress
- it can improve concentration

Physical activity can also reduce the risk of developing diseases such as heart disease, some cancers, diabetes and osteoporosis. Moreover, regular activity is an essential component in the prevention and treatment of obesity, a major health problem in Australia.

#### NOW THAT'S ENOUGH TO GET YOU MOVING!

### Setting Your Goals

Those who have decided to take an active role in improving their health by increasing their activity levels in daily life will be aware that it is important to set goals. These goals need to be realistic, and should be re-evaluated from time to time. You can set goals that are suitable and appropriately formulated using the word **F.I.T.** The **F.I.T. formula** includes the following:

**F - frequency:** how often do you plan to exercise?

**I - intensity:** how hard should you push yourself?

**T - time:** how long should you exercise for?

Keeping the **F.I.T. formula** in mind will help you to set goals and to monitor your improvement as time passes.

When setting goals for physical activity, it is important to choose activities that are enjoyable and satisfying – activities that you are more likely to want to repeat frequently. Try and vary the activities that you choose so that you don't become bored or disinterested.

You can use the **4 S's of Fitness** to help you think of a variety of activities that will help to keep you in good shape and free of injury.

The **4 S's of Fitness** are:

- **Stamina** (cardiovascular): endurance exercise that is good for the heart
- **Suppleness** (flexibility): muscle stretching to prevent injury
- **Strength** (muscle building): building muscle to support the body and to increase metabolism
- **Speed**: helps increase metabolism

(REMEMBER: if you are over 35 yrs and/or embarking on an exercise program after a long period of inactivity it may be advisable to see your doctor before starting an exercise routine.)