

REGULAR PHYSICAL ACITIVITY

Continued...

For individuals aged between 5-17, school students, it is suggested that they complete roughly 60 minutes of daily exercise. For individuals aged between 18 and 64, at least 30 minutes of activity should be completed daily. Activities which are considered part of daily exercise include:

- Walking or cycling as transportation
- Completing leisure activities (such as walking, dancing, hiking, swimming)
- Walking and moving around at work/school

Daily physical exercise improves your cardiovascular health, improves your muscular strength, improves endurance, improves bone health and reduces the risk of heart diseases and depression. Get out and about, together with friends, and complete your recommended daily exercise!

<https://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

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