

# Physical activity action plan

Tick the relevant column after each review.

| Actions  | Already doing this | Ready to do now | Not ready yet | Start date      | Review regularly and note your progress here |
|--|--------------------|-----------------|---------------|-----------------|--|
| <b>Getting started</b>   |                    |                 |               |                 |  |
| Talk with your doctor or health professional about how to increase your physical activity levels.                |                    |                 |               | ___ / ___ / ___ |  |
| <b>Start slowly and gradually build up your activity</b>   |                    |                 |               |                 |  |
| Do everyday tasks, like light gardening and housework. Walk around your house and garden, or out on your street. |                    |                 |               | ___ / ___ / ___ |  |
| Gradually increase your physical activity to 30 minutes on most, if not all, days of the week.                   |                    |                 |               | ___ / ___ / ___ |  |
| As your fitness increases, try activities such as cycling, swimming, tennis or golf.                             |                    |                 |               | ___ / ___ / ___ |  |
| <b>Ways to be more active every day</b>  |                    |                 |               |                 |  |
| Spend less time sitting down, e.g. watching TV or at the computer.   |                    |                 |               | ___ / ___ / ___ |  |
| Be more physically active at home, e.g. vacuum, do some gardening, mow the lawn.                                 |                    |                 |               | ___ / ___ / ___ |  |
| Try walking, cycling or taking public transport.   |                    |                 |               | ___ / ___ / ___ |  |
| Take the stairs instead of the lift.   |                    |                 |               | ___ / ___ / ___ |  |
| Buy a pedometer and keep a record of your steps.   |                    |                 |               | ___ / ___ / ___ |  |
| Get support by joining a local group. Call 1300 36 27 87.  |                    |                 |               | ___ / ___ / ___ |  |