



Government  
of South Australia

SA Health

# Live life, sit less, move more

Did you know that prolonged sitting has negative health effects regardless of how active you otherwise are?

Everyone can benefit from making physical activity a regular part of your daily routine.

Aim for at least 30 minutes of moderate to vigorous activity a day. Do it in 5, 10 or 15 minute blocks if necessary. Doing any physical activity is better than doing none.

Here are a few tips to make physical activity a part of your daily routine:

- Don't sit, when you can stand. Take every opportunity to break up continuous sitting
- Take a walk after dinner
- Add in some strength building exercises like push ups, pull ups, etc
- Play with the kids or pets



For more information:  
[www.sahealth.sa.gov.au/healthyworkers](http://www.sahealth.sa.gov.au/healthyworkers)

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