

What else can you do to look after yourself?

Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

Be more active

- Aim to be physically active for at least 30 minutes every day
- You should be puffing a bit and break a sweat, but still able to talk

- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

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Physical activity Information Booklet

Physical Activity

Physical activity refers to any form of movement that gets your body moving, makes your breathing become quicker and your heart beat faster. It can be as simple as walking to the shops or as energetic as rock climbing. Even a little bit of activity each day will help improve mood and decrease the impact of virtually all illnesses. It can also help you to lose weight and build confidence. The key to a happier and healthier life is keeping active.

What counts as exercise?

There are two main types of exercise, the first kind makes you huff and puff; like walking to the shops, bush walking, swimming, dancing, riding a bike and playing soccer.

The second type of exercise strengthens your muscles. We usually think of needing to go to the gym to do these kinds of exercises but you can easily do them at home or in a park. You don't need any special equipment; you can use your body weight or make your own weights using cans or bottles of water.

You should aim to do an activity that makes you huff and puff for 30 minutes every day. If that's too tiring or hard, start with 10 minutes at a time and eventually you'll be strong enough to go for longer! Remember that doing any activity is better than doing none.



There is no
'Physical' health

There is no
'Mental' health

There is only
Health



What if you already do exercise?

Great work! You have already made a big contribution to your health.

The next step is to make sure you keep improving. When you exercise, your heart and muscles get fitter and stronger. It's important to keep challenging or increasing the difficulty of your exercises so that you keep getting more and more benefits.

Ask yourself: Is your exercise still as hard as it was when you first started?

If not, it's because your body got stronger! So why not try one of these ideas:

- Increase the time you spend exercising, for example add another 10 or 15 minutes
- Try and do your activity a bit quicker, like power walking, or faster swimming and cycling. Including short bursts of faster activity between regular activity is great
- Include some hills or stairs along the route

But remember to only try one thing at a time or it could get too hard!

Ways to get started

Getting started is always the hardest part; try using some of the tips listed below:

- Choose activities you enjoy, don't do anything you dislike
- Remember that just 10 minutes of activity at a time can make you feel better
- Try to plan your activity for the week; use a diary or note pad to keep track
- Join a community group or walk with a friend or family member to stay motivated
- If you're not into sport, walk to the shops or a café instead of catching the bus or driving
- Remember, standing up while catching public transport is better than sitting
- Use the ad breaks on TV to do some strength exercises
- Put on your favourite music and dance around the room