



## What sort of activity?

- Does not always have to make you out of breath (vigorous).
- Try and spend less time in sedentary activities.

## What do we mean by sedentary?

- Sedentary activities include:
  - Watching TV.
  - Playing games machines, Playstation, X-box etc.
  - Playing computer games.
  - 'surfing' the internet.
- Not all sedentary activities are bad:
  - School work.
  - Reading.
  - Internet for knowledge.

## Sporting activities

Many!

## Non-sporting physical activities

- Playing with/walking pets.
- Household chores.
- Gardening.
- Dancing.
- Simply going for a walk.
- You can probably think of other activities.

## Tips for increasing physical activity

- When chatting with friends, WALK.
- Walk to and from school and other locations, when ever possible.
- After 30 minutes of computer or games machine play, take 5 minutes off and go for a walk. This can be applied at any time.
- You can probably think of other activities.

## If you are watching TV

- Try some activities during the commercial break.
- During the commercial break, walk up and down the stairs once before returning back to the TV.
- When the commercials begin, get out of your seats and try to sustain activity for the entire commercial break. Try marching or jogging on the spot, jumping jacks, or stepping side to side.
- Challenge yourselves to do as many push ups as you can during one commercial. For the next commercial, challenge yourselves to do as many sit-ups as you can.

These are just a few ideas

You can probably think  
of many others and  
there is lots of  
information on the  
internet.

