



## Who ever said exercise was easy?

### A guide for people who silently protest about the word 'exercise'.

More often than not when people exercise for the first time they find the next day they are too sore to continue. Medical experts recommend moderate exercise such as walking, swimming or golf should be done on most days of the week for 30 minutes. A new approach has to be taken. Instead of thinking 'exercise' start thinking about 'activity' to get these benefits.

- Feeling better
- Improved fitness and stamina
- Improved strength
- Improved circulation and blood pressure
- Help with weight control
- Improved diabetes control

### Becoming more active in your daily life.

Activity means simply moving your body. Make little changes and to keep reminding yourself that all you have to do is keep moving. Here are some ideas that will help you be more active. Pick the ones you like the most and do them.

- When shopping, park the car near an exit and walk to the entrance
- Doing the housework, put on some fast-paced music to make you work faster
- Do some gardening
- Walk around the house when on the phone or march on the spot.
- Take the stairs instead of the lift or escalator
- While waiting for dinner to cook, grab some cans and do some arm movements
- Walk around the house whilst brushing your teeth

### Exercises suitable while you are watching TV - do 5 of each.

- Start with deep breathing. Breathe through the nose, out through the mouth.
- Bend arms so that your fingers touch your shoulders and straighten them out.
- Stretch your arm above your head and back down.
- Place a pillow or cushion between your thighs and squeeze.
- Squeeze your buttocks together.
- Straighten your legs out one at a time and place them back on the ground.
- Turn your head from side to side and up and down.
- Place your fingers on your shoulders and roll your shoulders backwards.
- With arms outstretched move both arms in a circular motion.
- Move wrists and fingers up and down.
- Move ankles up and down.
- Stand up and sit down.
- Go for a walk around the house on the ad break.
- Get up and change the channels on the TV instead of using the remote.

**Just keep moving. Anything that will get your body moving is great. Before you know you will be feeling so much fitter and stronger.**

**Darwin**  
Shop 1-3 Tiwi Place,  
Tiwi NT 0810  
PO Box 40113,  
Casuarina NT 0811  
Phone: 08 8927 8488  
Fax: 08 8927 8515  
E: info@  
healthylivingnt.org.au

**Alice Springs**  
Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: alicesprings@  
healthylivingnt.org.au

www.healthylivingnt.org.au  
ABN 11 374 693 055

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