

Worksheet: tips to get started with physical activity

Any physical activity is good for you and can help to prevent cancer. Remember: doing some exercise is better than none. Start small and build up. Simple swaps or changes can make a big difference. Build physical activity into your normal routines.

Stay safe

- Speak with your GP before you get started. Special considerations may apply if you are pregnant or have a heart condition, diabetes, or injuries.
- Start with gentle and shorter sessions, increasing length and intensity as you build confidence and fitness.
- There will be a perfect activity for you!

Learn new skills

- Trying new activities can help you to grow your skills and interests, and keep you fit.

Keep it simple

- Physical activity doesn't have to be at a gym. Try walking, jogging, calisthenics, or gardening.
- Seek inexpensive and convenient classes in your community. Online classes are perfect when the weather is poor.
- Use free outdoor fitness equipment while going for your walk. Find your local council website (olg.nsw.gov.au/public/find-my-council/), and search 'outdoor fitness equipment'.

TICK the activities you want to try

Make movement a part of your day

Instead of driving, swap to walking or cycling.

Get off one bus stop or train station earlier and walk the rest of the way.

Instead of using the elevator or lift, take the stairs.

Instead of sitting for a meeting, have a walking meeting.

Do some stretches or strengthening exercises while watching TV.

Listen to audiobooks or podcasts as you walk, clean or garden.

Connecting socially

Catching up with friends for a coffee or meal? Meet for a stroll or try a fitness class together.

Go for a walk while you are on a phone call.

Meet new people through clubs while trying out new activities.

Stay motivated

Make specific and doable plans for exercise in your weekly schedule.

Make plans with others to meet up for physical activities.

Join an exercise group or class. cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/reduce-your-cancer-risk/be-more-active#moreinfo

Cancer Institute NSW

Make a plan

Start with 30 minutes of moderate intensity exercise each day.

Aim for:

- 1 hr of moderate intensity exercise each day OR
- 30 minutes of vigorous intensity exercise each day OR
- a combination of the two.

Two days a week, aim to do muscle strengthening activities, like weights, squats or digging in the garden. These movements have been shown to reduce the risk of early death from cancer.

Practise making SMART goals

Setting SMART goals are a great way to get started. They can help you set up and stick to a routine to increase your physical activity.

Specific	Measurable	Achievable	Relevant	Timely
S	M	A	R	T
Be clear about what you want to achieve.	How you will check if you've achieved your goal.	Something you feel like you can reach.	Makes sense to your normal week.	When this goal will be achieved.
 Use action words.	 Use distance, time, etc.	 Start small and build up.	 Try something you will enjoy.	 Be specific on a date.

Example: *I will do ten squats after watching an episode of my favourite TV show. I will do this three times a week starting next Monday and add an extra 5 squats each week.*

Try to make your own SMART goal.

Keeping track of your activity can be helpful. Try using a calendar or diary (physical or digital). For example:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	10 squats		10 squats		10 squats		
Week 2	15 squats		15 squats			15 squats	
Week 3		20 squats	20 squats				20 squats
Week 4	25 squats			25 squats	25 squats		

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