


# GET ACTIVE

WHAT does it mean to get active? Exercise, fitness, physical activity and sport are all terms used when referring to being active. It basically means to get off the couch and give your body the chance to strengthen muscles, stretch and do aerobic activity. It is any sort of movement of the body, arms and legs which helps burn up the energy we get from the food we eat. Some are planned or part of a daily routine and may be done at different levels. Whatever it may be, it's important. **So GET ACTIVE!**



## HOW MUCH?

IT IS recommended that you should be physically active for at least 60 minutes a day.

This can be accumulated throughout the day as part of active transport, recreation, sport and play.

This should consist of some vigorous activities that require more effort and should leave you huffing and puffing.

It's time to turn off the TV and take a break from the computer.

Some screen time is okay but you should spend no more than two hours a day using electronic media.

You need to get up and get active.

## HOW HARD?

HERE'S an easy way to know if you're working hard enough to get the health benefits of activity:

► If you can't talk and do your activity at the same time, you are exercising too hard.

► If you can sing while you do your activity, you may not be working hard enough.

► If you can talk but can't sing while you do your activity, you are doing fine.

Another way to know how hard you should exercise is to find your target heart rate. Being active within the range of your target heart rate not only helps you keep your heart and lungs healthy

but also helps you get or stay fit.

The number of beats your heart produces in one minute is your heart rate. To find your heart rate place the tips of your second and third fingers on the inside of your wrist slightly below the base of your thumb. Another good place to find your pulse is along the neck on either side of your windpipe. Press down until you feel a pulse and count each beat for 15 seconds. Multiply that amount by four to find your heart rate.

This table shows heart rates for different age groups and the target heart rate when exercising.

AGE	Resting	Average	Minimum – Maximum Target Heart Rate	Maximum Heart Rate
8 - 9	62	91	126 - 168	211
10 - 11	62	91	125 - 167	209
12 - 13	60	85	124 - 166	207
14 - 15	60	85	123 - 164	205

## WHY IS IT GOOD?

BEING active, along with eating well, will help you remain healthy.

Being inactive can lead to a range of health problems.

Get active! Not only will it keep you fit and healthy but it can benefit you socially, emotionally and intellectually.

Research has shown that children who do regular physical activity feel more confident, have more energy, have improved sleep, are happy and relaxed, have better concentration, learn teamwork skills, develop new friendships, are more motivated, better organised and have positive social behaviours.



## PLAY FOR LIFE

PLAY for Life – Join a Sporting Club aims to educate and promote greater awareness about the benefits of good health, getting physically active and learning life skills.

This Australia-wide campaign, coordinated by the Australian Sports Commission, hopes to persuade people to join a local sporting club.

The campaign encourages an estimated one million Australian children — or 37% of children aged

between five and 14 — who do not participate in any organised sport to get physically active.

It is thought being involved in sport helps develop life skills such as co-operation, discipline, respect and tolerance and establishes life-long positive attitudes towards physical activity.

Use the club finder at [www.ausport.gov.au/play\\_for\\_life](http://www.ausport.gov.au/play_for_life) to help connect you with sporting clubs in your area.

## CONSIDER THIS

YOU are awake about for about 14 to 17 hours a day. You only have to be physically active for one hour each day to benefit. What percentage of your waking day (17 hours) should you be active? Is this a lot?



## LET'S TALK

WE see advertising on television, in newspapers and on billboards all the time. Should fast food companies and companies that make and sell electronic devices be allowed to advertise their products? Should we be protected from ads that promote unhealthy living or should businesses be able to advertise as much and wherever they want? Have your say. Email your response to [nie@apn.com.au](mailto:nie@apn.com.au)

## WEEKLY CHALLENGE

- Look in the sports section of the paper and list the different sports that have been covered.
- Which sport has the most coverage? Why do you think this is?
- How many ads in today's newspaper are promoting some type of physical activity?
- Are there any stories in the general news that relate to being active?

## NEXT WEEK: Movie Madness