



# Physical Activity

- ▶ the good
- ▶ the bad
- ▶ the urgency

**Get Moving**  
**Tasmania**  
 Premier's Physical Activity Council  
[www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au)

## Premier's Physical Activity Council

The Premier's Physical Activity Council was established in June 2001 to provide a coordinated approach to the promotion and provision of opportunities for physical activity in Tasmania.

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**Tasmania**  
 Explore the possibilities

## Physical Activity is any sustained body movement that expends energy

### Health impact

Regular physical activity is a key requirement for good health and for achieving and maintaining a healthy weight.

As well as the direct physical and mental health benefits for individuals, physical activity provides social, environmental and economic benefits to the broader community.

People who enjoy regular physical activity:

- ▶ live longer
- ▶ are less likely to have a stroke
- ▶ reduce the risk of developing heart disease or type two diabetes by up to 50 per cent
- ▶ feel more energetic
- ▶ manage their weight better
- ▶ have a healthier blood cholesterol level
- ▶ have lower blood pressure
- ▶ have stronger muscles
- ▶ are at less risk of contracting bowel cancer and some other cancers
- ▶ feel more confident, happy, relaxed and are able to sleep better.

### The facts

- ▶ Seven out of 10 Tasmanian adults are not active enough for good health.
- ▶ Sitting for long periods of time is a health hazard and is associated with health outcomes such as being overweight, obesity, type two diabetes and heart disease.
- ▶ Even one or two sessions of physical activity can reduce feelings of fatigue and depression.
- ▶ According to the Australian Institute of Health and Welfare, physical inactivity is the fourth leading contributor to the overall burden of disease in Australia.

## The cost of inactivity

- ▶ Physical inactivity contributes to around 16 000 deaths per year in Australia. This equates to 43 deaths per day or 1.8 deaths per hour.
- ▶ The cost of physical inactivity to the Australian economy is estimated to be \$13.8 billion.
- ▶ If one per cent of Australian adults increased their physical activity levels to meet the recommendations, \$8 million per year could be saved.
- ▶ Healthier employees are almost three times more productive than their unhealthy colleagues.

### Environmental impact

- ▶ Walking, cycling or using public transport instead of using a car, helps reduce greenhouse gas emissions that are changing our climate.
- ▶ For most households, using the car is their greatest contributor to climate change.
- ▶ Changing a few short trips from driving to walking, cycling or using public transport each week will make a significant difference to the environment.
- ▶ Cycling and walking can provide efficient transport to destinations within about four kilometres and cycling is a viable commuter alternative for trips up to 20 kilometres.

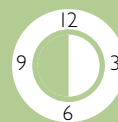
### The facts

- ▶ Transport is the second largest producer of greenhouse gas emissions in Tasmania, contributing around 21 per cent of Tasmania's overall emissions in 2007.
- ▶ Up to half of all car trips can be easily replaced by walking, cycling or public transport.
- ▶ Every litre of petrol saved, reduces greenhouse gas emissions by 2.8 kilograms and saves you at least \$1 plus vehicle wear-and-tear.
- ▶ Short car trips up to two kilometres are the most fuel inefficient and create more pollution per kilometre.

## Recommendations

### Adults

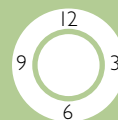
30 mins



For adults, including older adults, at least 30 minutes of moderate-intensity physical activity on five or more days of the week is needed for good health. This can be done in three lots of ten minutes of activity throughout the day.

### Children

60 mins



For children and young people, at least 60 minutes of moderate to vigorous physical activity every day is needed for good health. Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours when they could be playing outside.

### Sitting Time

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It is important to break up long periods of sitting time with frequent short breaks.

### Transport



Choose active forms of transport (e.g. walking and cycling) to improve your health and reduce your impact on the environment.