

PHYSICAL *Activity* RESOURCE GUIDE



Resources

To ensure that your organisation has the most up-to-date information, here are a variety of printed and downloadable publications that may be of use in your Workplace Health Program.



Physical Activity and Sedentary Behaviour Guidelines

health.gov.au/internet/main/publishing.nsf/Content/pasb

The *Physical Activity and Sedentary Behaviour Guidelines* are available on the Department of Health website. The website provides recommendations for physical activity and sedentary behaviour throughout the lifespan and a range of resources to support meeting the recommendations.

Publication	Description	How to Access
Make your move – Sit less – Be active for life!	The Make your move booklet is a downloadable summary of the Physical Activity and Sedentary Behaviour Guidelines. The booklet also contains a range of practical tips for meeting the guidelines.	health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines Hard copies can be ordered (free of charge) from: health.gov.au/internet/main/publishing.nsf/Content/pasbr
Factsheet: Adults	This 2 page factsheet is a printer friendly summary of the Physical Activity and Sedentary Behaviour Guidelines.	health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\$File/FS-Adults-18-64-Years.pdf
Tips and Ideas for Adults (18–64 years)	This 2 page factsheet is printer friendly and provides a range of practical tips for increasing physical activity and reducing sedentary behaviour.	health.gov.au/internet/main/publishing.nsf/Content/3E1E612D573C2B7CCA257C7500202177/\$File/Tips&Ideas-Adults-18-64years.PDF
Other resources	Physical Activity Recommendations for Children 0–5 years Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Children and Young People (5–17 years) Make your move – Sit less- Be active for life – Adults (18–64 years) Choose Health: Be Active – A physical activity guide for older Australians (65 years and older) Make Your Move – Sit Less – Be active for life! – A resource for families	health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines Hard copies can be ordered (free of charge) from: health.gov.au/internet/main/publishing.nsf/Content/pasbr

Get Healthy Information and Coaching Service

gethealthynsw.com.au

The *Get Healthy Information and Coaching Service* provides free and confidential telephone-based expert advice to help individuals create and maintain healthier lifestyle choices.

The website features a number of resources to support workers. You can print and order posters and brochures to promote the service to workers and encourage workers to call the *Get Healthy Information and Coaching Service* on 1300 806 258.

Publication	Description	How to Access
Get Healthy Information and Coaching Service promotional materials	A range of posters, brochures and print resources are available to print or download. These resources will help promote the <i>Get Healthy Information and Coaching Service</i> to workers.	Available to print or order (free of charge) from: gethealthynsw.com.au/professionals-resources
Fitness videos	A printable planner for recording daily physical activity and setting physical activity goals.	gethealthynsw.com.au/fitness-videos
Activity Planner	This 2 page factsheet is printer friendly and provides a range of practical tips for increasing physical activity and reducing sedentary behaviour.	gethealthynsw.com.au/assets/nsw/pdf/gh_activity_planner_11-2-10.pdf
Burn your kilojoules calculator	Easy to use calculator to work out how many kilojoules your body burns doing various physical activities.	gethealthynsw.com.au/burn-your-kilojoules



Make Healthy Normal

makehealthynormal.nsw.gov.au

The *Make Healthy Normal* website provides a range of resources and practical tips to encourage physical activity and healthy eating. The focus of *Make Healthy Normal* is making small changes to lead a healthier life and create a new, healthy normal.

The website features a range of resources you can print to display around the workplace or send links to staff to explore the site on their own.

Publication	Description	How to Access
Make Healthy Normal Quiz	The Make Healthy Normal quiz takes 5 minutes and provides feedback on weight, eating habits and physical activity levels.	Available to print or order (free of charge) from: makehealthynormal.nsw.gov.au/finding-new-normal/quiz
Workout videos	Short workout videos for low, medium and high intensity. Perfect for sending to staff, using during lunch breaks or even to break up extended meetings.	makehealthynormal.nsw.gov.au/activity/workouts
Activity Planner	This 2 page factsheet is printer friendly and provides a range of practical tips for increasing physical activity and reducing sedentary behaviour.	gethealthynsw.com.au/assets/nsw/pdf/gh_activity_planner_11-2-10.pdf



Exercise Right

exerciseright.com.au

The *Exercise Right* website is run by Exercise & Sports Science Australia, the professional organisation for tertiary trained exercise and sports science practitioners. *Exercise Right* provides a large range of downloadable resources for promoting physical activity.

Publication	Description	How to Access
Exercise right at work	The <i>Exercise Right</i> at work page hosts a range of resources specific to different occupations including trades, office workers, hospitality.	exerciseright.com.au/exercise-right-work
Chronic conditions & exercise	The Chronic conditions & exercise page provides resources specific to a variety of chronic conditions and life stages including heart disease, diabetes, arthritis and injury recovery.	exerciseright.com.au/chronic-conditions



Heart Foundation

heartfoundation.org.au

The Heart Foundation produces a range of helpful and practical heart health information for people with cardiovascular disease, their families and the general public.

Publication	Description	How to Access
Brochures & factsheets	<p>Printer friendly brochures and factsheets with information and advice on increasing physical activity and reducing sedentary behaviour.</p> <ul style="list-style-type: none"> • Am I Active enough? • Move more, sit less • Sitting less for Adults guide 	<p>heartfoundation.org.au/active-living/sit-less</p> <p>heartfoundation.org.au/images/uploads/publications/CON-171_Am_I_active_enough_WEB.PDF</p>
Posters	<p>Simple motivational posters to encourage workers to stand at work, great for placing around the office and in meeting rooms.</p> <ul style="list-style-type: none"> • Be an up-standing citizen • Move more, sit less • Stand up for your health • Take a stand 	<p>heartfoundation.org.au/for-professionals/physical-activity/workplace-wellness</p>
Stand at Work Case Study	<p>A downloadable and printable summary of the evidence for standing at work and how to implement in your workplace.</p>	<p>heartfoundation.org.au/images/uploads/main/Programs/nsw/HF-NSW_Stand@Work_CaseStudy.pdf</p>



8700

8700.com.au

Nearly everything we eat and drink provides our bodies with energy to fuel our basic body functions and physical activity. This energy is measured in kilojoules (kJ). When we are active, our bodies burn up more kJ energy. The average Australian consumes 8700kJ a day. The 8700 website provides simple food and exercise conversions and calculators to help Australians to achieve or maintain a healthy weight.

Publication	Description	How to Access
Balance & burn calculator	Easy to use calculator to work out how many kilojoules your body burns doing various physical activities.	8700.com.au/balance-and-burn/how-to-burn-your-kjs/
Balance & burn comparison	Easy to use calculator to compare the kilojoules burned doing various physical activities.	8700.com.au/balance-and-burn/kj-activity-comparison/
Take the Stairs	A selection of infographic posters to motivate workers to use the stairs.	8700.com.au/downloads/TakeTheStairs.pdf



For more information visit
gethealthyatwork.com.au

