

Keeping fit and healthy while staying at home



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Did you know there is an important relationship between health, exercise and physical activity? Being physically active impacts your physical, mental and social well-being as well as decreasing the risk of developing chronic disease and health conditions.



BENEFITS OF EXERCISE

- Makes your lungs and heart stronger
- Strengthen and stretch your muscles so you don't hurt yourself when you're lifting something heavy.
- Builds strong and healthy bones, helping you stand taller and lighter on your feet.
- Improve your balance, reducing your risk of falling
- Helps to manage weight, keeping your body lean and healthy.
- Decreases your risk of diseases or illnesses, it even boosts your immune system.
- Helps with coordination and reflexes, so you can catch and kick balls or balance on the jungle gym.



HOW MUCH EXERCISE SHOULD I BE DOING?

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity per week and children should accumulate 60 minutes of moderate to vigorous physical activity per day.
- Do muscle strengthening activities on at least 2-3 days each week.



HOW DO I EXERCISE AT HOME IF I DON'T HAVE EQUIPMENT?

- If you have equipment that is fantastic! But if you don't, did you know you can still exercise using: your own body weight house hold items such as: milk cartons, towels, chairs, or stairs.
- And you can always ask your exercise physiologist for more ideas and creative ways to exercise at home!

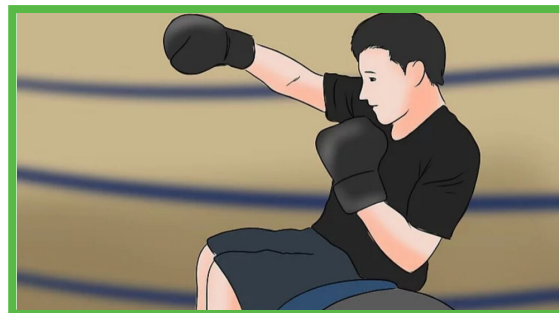
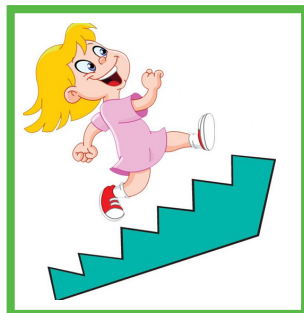
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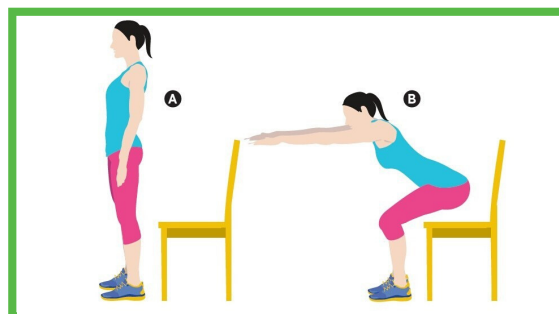
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What exercises can I do at home?

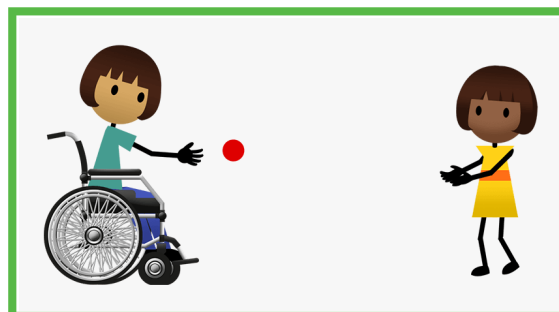
Aerobic



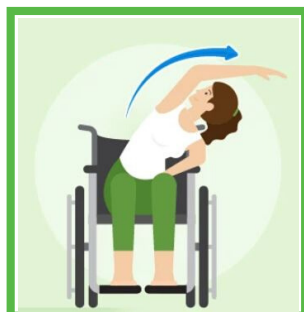
Strength or Resistance






Balance & Coordination



Stretching & Flexibility



Your exercise physiologist can continue to provide you with your exercises even if you are at home! Get in touch to find out more.

-  Call us on 1300 888 378
-  Email us at ask@cerebralpalsy.org.au
-  Visit cerebralpalsy.org.au