

Women

Getting active in sport and recreation



We all know that we should be more physically active, but sometimes its hard to know how to start.

Participating in physical activity has lots of physical and emotional benefits.

Some of the benefits include:

- Making new friends
- An opportunity to socialise
- An opportunity to practice your English skills
- It can help you to get to know your local community
- Can provide an opportunity to participate in activities with family and friends
- Can provide you with a network to share stories and experiences

When you participate in physical activity you will also:

- Feel better
- Have more energy
- Sleep better
- Have stronger bones
- Have a healthier body

How should I start?

Start slowly and increase your activity each week.

Try 30 minutes a day:

- Walk the kids to and from school
- Push the pram to the local shops
- Get off the bus or tram a stop or two early and walk home
- Try a swimming class
- Join a women's only exercise group
- Take the kids to the park and play
- Borrow an exercise video from the library
- Purchase some sports equipment
- Take a trip to the beach

Try a few things for a couple of months and see how you feel. Don't worry if you stop for a while; just start again when you are ready.

TIPS!

- > Go with a friend
- > Share child care
- > Plan physical activity into your day

Where to find information about sport and recreation

- Community Health Centres
- Neighbourhood houses
- Migrant Resource Centres
- Centre for Multicultural Youth Issues
- Womensport and Recreation Victoria
- Local gym

You can also find information in:

- Local newspapers
- Libraries
- Ask your friends, family or local doctor
- Community radio in your own language
- Community networks

Getting started

If you have any medical concerns consult your doctor before starting your new physical activity program.

Remember when commencing your chosen activity:

- Start off slowly, gradually increasing the frequency and duration
- Wear comfortable clothes and supportive footwear
- Protect yourself from the sun (hat and sunscreen)
- Drink plenty of water
- Have fun!

Hints for maintaining physical activity

- Choose an activity you enjoy
- Choose an environment you feel safe and comfortable in
- Choose something appropriate to your ability level
- Choose an activity that suits your lifestyle
- Involve family and friends
- If you get bored, try something new, don't continue with something you don't enjoy

Walking program sample:

Week 1	Walk for 10 min 3 times a week
Week 2	Walk for 15 min 4 times a week
Week 3	Walk for 20 min 5 times a week
Week 4	Walk for 30 min 5 times a week
Week 5	Walk for 45 min 3 times a week
Week 6	Walk for 60 min 3 times a week
Week 7	Walk for 60 min 4 times a week
Week 8	Walk for 60 min 5 times a week

