



Get active – getting started

Winston Churchill once said:

**“Every time I get the desire to exercise,
I lay down and it goes away.”**



Unfortunately 60% of Australians think like good old Winston, and to the detriment of their health.

Our world has changed – we simply don't need to move as much anymore. Compared to 100 years ago, we move 17 kilometers a day less. New research is showing that the average Australian sits for more than 77% of the day and then we sleep on top of that! Quite simply we don't move as much as we used to, and it's having a massive impact on our health.

If you think we have complicated food you should see what the world have done to exercise. We've been told all sorts of things (often on late night TV infomercials) like, it has to be done at a certain time of day; that a certain type is better than another; that this new machine will do it for us easier than before; and that we have to be in the magical fat burning zone for it to even be worthwhile doing.

Getting Active is all about moving more. While playing a sport or doing a race may not be your idea of Utopia, our bodies were designed to move. Read on to find out not only the benefits of regular exercise (no matter the type), but also keys to keep it simple, involve your family and avoid roadblocks.