

Physical Activity

WORKPLACE
TRAINING
& SUPPORT
SERVICE

Benefits of Physical Activity

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Signs of Overtraining

Benefits of Physical Activity

A healthy lifestyle is comprised of a number of components. These include regular exercise, balanced diet, managing stress and getting adequate sleep. Physical activity is paramount for a healthy lifestyle and directly impacts on our physical, emotional and social wellbeing. For example, exercise can improve our mood, make us feel more confident and can connect us to a social support network.

Regardless of whether you are maintaining, building or just embarking on a fitness regime, there are proven physical and mental benefits to all individuals; irrespective of physical ability, age, gender or weight.

Types of Physical Activities

Duration, frequency, intensity and type of physical activity will depend on the individual's current levels of fitness, health conditions and fitness goals.

In general, we should aim for at least 30 minutes of moderate-intensity activities; 3-7 days a week.

Improvements in mental health comes from both; aerobic and non-aerobic exercise.

NOTE: If you are just starting out begin gently, do not over-exert and gradually build up towards recommended levels. If in doubt consult a health professional.

Getting Started

When starting it is important to choose the right type of activity for you, set realistic goals and give yourself adequate time to achieve them.

Weekly Recommended Exercise Pyramid



GABA

Exercise lowers stress levels, which triggers the release of this calming neurotransmitter. Frequent boosts of GABA builds immunity to stress, enhancing your ability to take on life's challenges.

Signs of Overtraining

We all have individual limits for what we can take on physically and mentally. If we take on too much too quickly there is a real risk of overtraining. Signs of overtraining include: fatigue, trouble sleeping, appetite disturbance, irritability and loss of motivation.

Our mind and body need time to recover. Ignoring signs of overtraining can lead to significant mental health problems.