

**Exercise is an opportunity**

**Not an**

**inconvenience**

With our mining lifestyle and family commitments, fitting in our thirty minutes of moderate physical activity 5 days a week sometimes feels almost impossible. We are often left feeling like it is a chore, and at the end of a long day we just can’t be bothered dealing with it.

The problem is, a lot of our jobs here are sedentary and by adding those 30 minutes into our daily routine we can be reducing our risks of heart disease, diabetes, cancer and strokes by up to 50%.

Physical activity can also help boost your mood and self-esteem, give you more energy when your awake, and help you sleep better when you need to. It will help reduce stress, depression and the risk of dementia and Alzheimer’s disease.

Thankfully, none of these benefits are affected if those 30 daily minutes are not consecutive! When you know you don’t have 30 minutes of your day to fit in your exercise, try stretching it out by cutting it down to 10 minutes, three times. Here are a few more tips to make it easier:

* **Establish a wake-up routine** that includes physical activity – a quick morning run, [fast moving yoga stretches,](https://m.youtube.com/watch?v=BvN_KRcweL0) or even just a few crunches and push-ups. The exercise will help get your heart pumping and get rid of that groggy it’s-to-early morning feeling!
* **Try and include short bouts of** activity into your shift – try the stretches catered for your truck or office we have published on this website, or get up from your desk and walk around the outside of your office block a couple of times. Taking a toilet break? Why not fit in 20 jumping jacks while no one is watching!
* **Make it fun!! –** Catch up with the guys on the same crew as you and have a game of something you all enjoy: squash, soccer, rugby, kayaking – the options are endless!
* **Include your family and friends –** when you finally get to your RDO’s plan to include your family and friends: take a hike, spend an afternoon ice-skating or at the pool, take a scenic bike ride or organise a picnic with a game of touch! Too cold and miserable? You could always set an Olympics Challenge Day on your Wii, PS2 or Xbox.

If you’re new to exercise, or it’s been a little longer than it should have, start off slowly and if you are unsure what activity is best for you, check in with your GP first. The last thing you want is an injury right?

We all start this journey with the best intentions, the best way to stay as motivated as when you first started? Keep a journal or a log of what you did, how long you went and how you felt during and afterwards. Don’t forget to track your progress too – seeing is believing!

We are so lucky with all of the technology available to us now, there are apps you can add to your phone, fitness trackers you can wear, and free fitness and yoga programs you can log into. These are just some of our favourites (Ctrl+click the pic):



**Don’t forget about your incidental exercise!** This is movement you perform in your everyday life.There are small things you can do that make your everyday activities and chores work for you:

* **Use the stairs –** Macraes is *mostly* one level, but when you’re at the mall or gym skip the lift, those few seconds could be used to get your heart rate up for a minute or two!
* **Complete household tasks by hand –** Cleaning the car by hand can burn 166 calories in half an hour, 20 minutes vacuuming and housework can burn 150 calories. How many did you burn sitting in the car wash or watching your Roomba vacuum???
* **Make the add breaks count!** – No one is asking you to miss your favourite TV show but get up in those add breaks! Do some push-ups, squats, lunges, or jumping jacks you can handle three minutes!
* **Stand!** – When we stand we tend to fidget more, moving from side to side, switching weight between your feet etc. This helps the blood flow move around your body more opposed to sitting for long periods. Standing also uses more muscles and energy than sitting so try standing while you’re doing the ironing or dishes. Stand while you take a call in the office, convince your team to have standing meetings – you’ll even find it helps you keep more focused!
* **Move –** Change the channel by hand - two squats each time right there! Park your car a block further away from the bus stop, walk to your colleagues office – put down the phone! Choose the photocopier and printer at the other end of the office. Make your lunch break count! Take a quick 15 minute walk, grab a buddy on the same break as you to go with you and you can still fit in that important lunch time chit chat!
* **Play –** You work long hours and don’t get to see the kids (or fur-babies) much so make the most of it! Get in there and play with them, don’t just watch. Their energy and excitement will rub off on you!

Finally, there are different types of physical activity that can benefit you in different ways so you don’t have to fill your 5 days with the same monotonous routine. Mix it up a little!

**Aerobic Activities** make you breath harder and make your heart beat faster. Their intensity is either moderate or vigorous. If you’re in moderate mode you’ll be able to talk, but won’t be able to sing along with your favourite work out mix. If you’re in a vigorous activity, you’ll only be able to say a few words before stopping to catch your breath is more important!

**Muscle strengthening Activities,** well, make your muscles stronger. These activities are things such as push-up’s, weight lifting, crunches, and squats. It is important to strengthen all of the different parts of your body – arms, legs, hips, back, chest, shoulders, and stomach.

**Bone Strengthening activities** include jumping and these are especially important for your kids and adolescents! The force placed on your bones during these activities, promote bone growth and strength.

**Balance and stretching activities** are so important! Whatever type of other activity you’re into, add these into the mix. They enhance physical stability and flexibility which reduce your risk of injury when you’re out on the rugby field or lifting your best in the gym. Stretching will promote better blood and oxygen flow around the body giving you a clearer mind and a happier mood. Check out the stretches we have on this website for you vehicle and office and feel how much more alert you feel by the time the bus arrives. Some examples of other activities in this area are Dancing, Yoga, Martial Arts and T’ai Chi.

*References: 7 tips for mornings without caffeine – Scott H. Young.* [*www.liteneasy.com.au*](http://www.liteneasy.com.au)[*http://www.healthstatus.com/perl/reload.pl*](http://www.healthstatus.com/perl/reload.pl) *- Calorie estimator.*