



## What is Incidental Activity?

Incidental activity is any activity built up in small amounts over the day. For example, walking up the stairs or to the bus stop.

### Why is incidental activity important?

Physical activity is a major factor in preventing and reducing the risk of many health conditions (eg. heart disease, diabetes and some cancers).

Physical activity can be accumulated in small amounts through the day or as a single longer session. These two types of activity produce similar health benefits

Also, many people find it easier to be active in lots of little ways throughout the day. Remember to think of all types of physical activity as a chance to improve your health.

Including **incidental activity** into your day can help you to reach the National Physical Activity Guidelines (See next page).

### Examples of incidental activity

#### *At Work*

- Walking up stairs instead of taking the lift or escalators
- Cycle or walk to work instead of driving
- Get off the train or bus a couple of stops early or park further away and walk
- Organise a weekly exercise session at work and encourage everyone to get involved



#### *At Home*

- Do some gardening or mow the lawn
- Do the housework instead of hiring help



- Go for a short walk before breakfast, after dinner, or both!
- Be active while watching television (eg. exercise bike or treadmill)



### *Leisure*

- Park further away from the shopping centre and walk the extra distance
- While at the shops, do a few laps of the centre
- Make your leisure activities more active
  - Walk at golf instead of using a buggy
  - Walk along the beach
  - Throw a football at the park
- Organise active family outings
  - Try the many bicycle tracks
  - Go for a bushwalk



### **National Physical Activity Guidelines**

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate- intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous exercise for extra health and fitness