

HEALTHY WOMEN

STRONG NOW. STRONG LATER.

Recommendations for 18+ year olds.

EVERY MOVE COUNTS



WHY MOVE

Regular movement helps you feel stronger, healthier and ready to handle everyday life.



**BRAIN
HEALTH &
LEARNING**



**CHRONIC
DISEASE
PREVENTION**



**MUSCLES &
STRENGTH**



**STRONG
BONES**

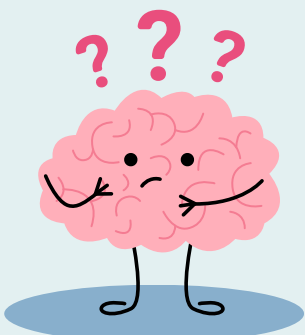


**EMOTIONAL
WELLBEING**



**ENERGY &
CONFIDENCE**

HOW MUCH MOVEMENT



Aim for



or more

**MOST
DAYS**

Include



ACTIVITIES THAT GET YOUR HEART PUMPING ON MOST DAYS

Like dancing, sports, swimming, cycling



ACTIVITIES THAT BUILDS STRENGTH 2 OR MORE TIMES A WEEK

Like gym and body weight workouts
building in impact movements like jumping



ACTIVITIES THAT TARGET MOBILITY, BALANCE OR COORDINATION 3 OR MORE TIMES A WEEK

Like yoga, pilates and dance

The 30 minutes doesn't need to be at once – several shorter sessions works.

WHAT COUNTS

There are so many ways to move



**Field
Sports**



Walking



Cycling



**Water
Sports**



Dancing



Weights



Golf



**Court
Sports**



Stretching

There isn't one right way to move.

FIND MOVEMENT THAT WORKS FOR YOU



You don't need to be the fastest, the
strongest or even competitive.
Find movement that;



**YOU
ENJOY**



**GETS YOU
OUTDOORS**



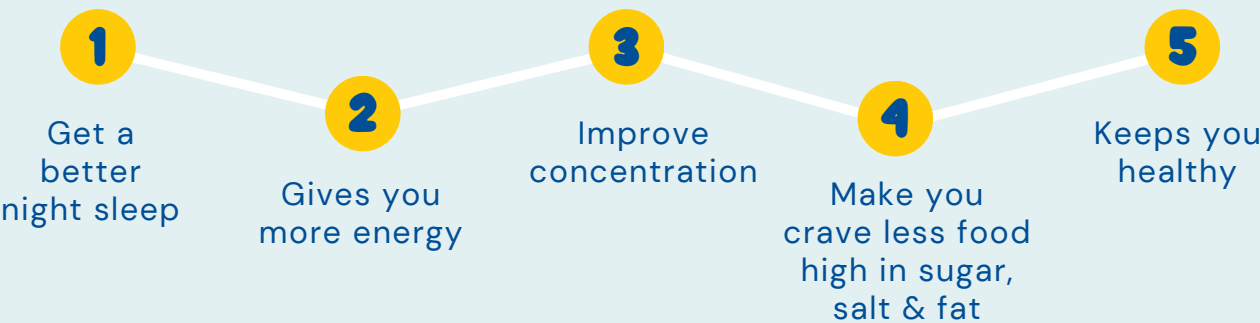
**CONNECTS
YOU WITH
OTHERS**



**HELPS
YOU FEEL
GOOD**

Gives you a sense of achievement.

EATING WELL HELPS



Government of South Australia
Office for Recreation, Sport and Racing

This resource is based on the Australian Physical Activity Guidelines (Department of Health and Aged Care) and adapted by SASMA as part of the Women's Health Program.