

## Find some savings.

Once you start walking or cycling instead of driving the car, you'll notice how much you save on petrol. Use trips like returning a rental movie or going to the shops as opportunities to Find Thirty®. Make the most of local streets, paths and parks to be active.

## Find Thirty®, at any age.

No matter what your age, finding thirty every day can improve your overall wellbeing.

If you have been inactive for a while, start slowly by taking a walk down your street. If you do this often it will become easier and, in no time, you will find rewards.



## Find some vigorous activity.

For extra health and fitness benefits, if you can, try some regular vigorous activity that makes you 'huff and puff'.

Examples include aerobics and running, or sports such as soccer and netball. Remember to warm up and cool down.

See your doctor first if you have been inactive for some time, or have a major health problem.

## Find more information.

There are more great ideas, fascinating information and useful links on our website. Visit [findthirtyeveryday.com.au](http://findthirtyeveryday.com.au)

The Find Thirty® every day campaign is an initiative of the Heart Foundation proudly funded by the Department of Health, Western Australia.



[findthirtyeveryday.com.au](http://findthirtyeveryday.com.au)



**You'll find all kinds of rewards when you Find Thirty® minutes' physical activity every day.**





## Find a better you.

Almost three in five West Australians do one thing every day that helps them sleep better, feel less stressed, spend more time with their kids, improve relationships, have more energy and enjoy better health.

They find at least thirty minutes every day to be active. And once you get started, you'll be surprised how easy it is to Find Thirty® every day. Why not try a walk today? Or, perhaps, a bike ride or swim?

It's never too late to start.

## Find the rewards.

You'll find all kinds of social, mental and physical health rewards when you Find Thirty® minutes of physical activity every day. Here are some of the benefits:

- have better long term health
- have more energy
- manage your weight better
- feel more confident and happy
- feel less stressed, more relaxed and sleep better
- spend quality time with friends and family
- have stronger bones and muscles
- reduce your risk of heart disease, type 2 diabetes and some cancers
- lower your blood pressure and have healthier blood cholesterol

## Find Thirty® every day.

Just thirty minutes of moderate intensity physical activity is needed for good health. Every day is preferred, but finding thirty most days of the week is beneficial too.

Moderate intensity means an activity that is energetic but doesn't make you breathless (e.g. fast walking). This thirty minutes can be built up in shorter sessions of at least ten minutes.

## Find an activity.

It's easy when you make physical activity a part of your daily routine:

- take the dog for a walk
- walk or cycle to work
- play a game of soccer with the kids
- try a dancing class or join a walking group
- do some active gardening

## Find the time.

Look for ways to be active at work, at home, and in your leisure time:

- take the stairs instead of the lift
- get off the bus one stop earlier and walk to your destination
- do active jobs around the house
- if you have kids, join in their physical activities
- don't sit; move around at work and at home

## Find a friend.

Physical activity is fun and enjoyable, especially when you are active with a friend, family member, work colleague or group. Finding thirty with a friend will keep you both motivated.

## Find a goal.

Setting goals to be active each day will keep you on track. Reward yourself when you achieve a goal.