



## PHYSICAL ACTIVITY CHECKLIST

It's important for people of all ages to stay active. Any physical activity is good physical activity so it can be walking, swimming, dancing or roller blading!

To get yourself started (or to keep you going on your way) have a go at these activities and tick them off as you go. There is something here for everyone so choose the activities that best suit you.

- CHANGE UP YOUR COFFEE DATES**  
Instead of sitting down with a friend at a café, ask for take away and 'walk-talk-sip' instead.
- SIT TO STAND**  
Fold your arms across your chest while sitting on a normal chair and stand slowly. Sit down and repeat.
- HOPPING**  
Lift one knee and jump on the standing leg. Repeat with other leg. This is a great balance challenge!
- KNEE TO CHEST**  
Lie on your back, bring one knee to your chest and hold for 20-30 seconds. Repeat with other leg.
- COMMUTER HABITS**  
Get off the bus or train a stop early so the last part of your commute is on foot and get your steps up.
- DOUBLE THE STAIRS**  
If you're climbing a flight of stairs and time allows, go up and down twice to get your heart pumping.
- GET TWISTY**  
While sitting, twist your torso from side to side, stretch your neck from side to side and roll your shoulders back and forth.



## The importance of staying active

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

International guidelines recommend that children and adolescents should do at least an average of 60 minutes per day of moderate to vigorous-intensity, mostly aerobic, physical activity across the week. They should also limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

Any amount of physical activity is better than none and the more you do, the better the benefits. In older adults, physical activity can help to reduce the risk of falls, cardiovascular disease, hypertension, type 2 diabetes and can also reduce symptoms of anxiety and depression.

When it comes to low back pain, the best prevention and treatment is to remain active and engage in exercise. Research has shown that physical activity can help to reduce the risk of developing low back pain and improve outcomes for those experiencing it.

Here in the Northern Sydney Local Health District, our team is dedicated to helping people with low back pain. Our goal is to improve people's health and help them lead active, pain-free lives through research and patient-centered care.



### Professor Manuela Ferreira

Co-chair, Musculoskeletal Priority Research Area  
The Back Pain Research Team  
Kolling Institute



Scan this QR code to support  
the NORTH Foundation