Move more, sit less
Every bit counts!

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Communities, Sport and Recreation
Department of Premier and Cabinet
Who here enjoys the benefits of regular physical activity?
# Physical activity levels in Tasmania

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Current</th>
<th>2021 target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of <strong>children aged 5-12</strong> who are physically active for at least 60 minutes each day.</td>
<td>62% (2009)</td>
<td>72%</td>
</tr>
<tr>
<td>Percentage of <strong>students aged 12-17</strong> who are physically active for at least 60 minutes each day.</td>
<td>17% (2011)</td>
<td>25%</td>
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<tr>
<td>Percentage of <strong>people over the age of 18</strong> who are physically active for at least 30 minutes on at least five days of the week.</td>
<td>31% (2011-12)</td>
<td>37%</td>
</tr>
</tbody>
</table>
What are the recommendations?

- **Move more**: at least **30 minutes** of moderate to vigorous intensity physical activity **every day**

- Muscle and bone strengthening activities on at least **2 days** every week

- **Sit less**: minimise sedentary behaviour
  - break up long periods of sitting as often as possible
  - be aware of time spent in front of the screen
What do we do?

- Premier’s Physical Activity Council
- *Tasmania’s Plan for Physical Activity 2011-2021*
- Physical activity promotion – Get Moving Tasmania brand
- Schools strategy
- Built environments
- Actively in Touch newsletter
Move more, sit less campaign

- Move more, sit less – every bit counts!
- You can choose to move more, sit less with everything you do.
- Some is better than none, more is better than some.
- TVCs and other advertising 27 Sept – 9 Dec 2015
Move more, sit less
Get off the bus a stop or two early.
You’ll feel better if you choose to move…
And every bit counts!

Get Moving Tasmania  www.getmoving.tas.gov.au  #getmovingtas  Find us on Facebook
Share your move more, sit less story!

Visit the [Get Moving Tasmania website](http://www.getmoving.tas.gov.au) or [Facebook page](https://www.facebook.com/getmovingtas)

#getmovingtas
‘I braved the icy wind and rode to work this morning – feeling invigorated, every bit counts! #getmovingtas’
Further information

Contact Bec or Kristy:

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