PHYSICAL ACTIVITY is the BEST MEDICINE!

JUST 30 MINUTES A DAY!

FITT PRINCIPLES

Use the FITT principles to monitor your exercise. FITT is an acronym which outlines key components:

- **FREQUENCY** (3-5 DAYS/WEEK)
- **INTENSITY** (EASY/MODERATE/VIGOROUS)
- **TYPE** (SPORT/LEISURE ACTIVITIES)
- **TIME**

STRATEGIES FOR PHYSICAL ACTIVITY

- Use a nearby outdoor gym facilities with the family.
- Try a standing desk. This uses more muscles and burns more calories.
- Take a 10-15 minute walk around the school grounds during lunch breaks.
- Use weekends to be physically active. Take time to find activities that you enjoy.
- Use the stairs wherever possible.
- Turn waiting time into moving time.
- Limited time? Exercise in the morning and in the afternoon for 5-10 minutes.
- Encourage 3-5 minute in-class activity breaks.
- Participate in the weekly Park Run.
- Get your colleagues involved by making it a challenge to be more active together.

Start small and build up gradually, just 10 minutes at a time can provide benefits.