



Healthy Body
Healthy Mind



Physical Activity Fact Sheet

Face the Facts

Inactivity leads to weight gain and obesity and is a major contributing factor to serious illness such as heart disease, diabetes and cancer.

People who live with mental illness are less likely to engage in health-promoting activities such as good diet and exercise than the general population. (Duty to Care Report, 2001)



Healthy Body Healthy Mind
2007 Art Project winner
RUAH Centre Art Group

Act Now

Be Active and feel better in the mind and body

Just 30 minutes of physical activity a day will give you more energy to do the things you want to do, help you to lose weight and reduce the risk of getting sick.

Many people know they need to be more physically active, but sometimes the shadow of mental illness takes over and it is the last thing on their mind. There are a number of myths about physical activity and mental illness that make it harder to create change.

Dispel the Myths

Do you **agree** or **disagree** with the following statements?

The symptoms of Mental Illness, low self esteem, motivation and energy, stop people from being active.

Disagree, it may be hard to get started, but being active can help improve the symptoms of mental illness, reduce stress and anxiety, increase energy and improve confidence. Join a recreation group and physical activity can address loneliness and isolation.

Keeping fit costs too much money.

Disagree, there are plenty of low cost ways to keep active, walking and swimming are examples.

I don't like exercise, so its hard to be active.

Disagree, being active and exercise are not the same thing. Being active involves including activity into your everyday life with activities such as gardening or walking in the park. It is important to choose something you enjoy doing.

Ask for Help

Make physical activity a priority, many people who live with mental illness have proven that with the right support and information they can be active and feel better in the mind and body.



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5 Top Tips to Be Active

- 1. Little and often is better** Going for a 20 min walk 3 x a week will do you good!
- 2. Count your Steps** Wear a pedometer and aim to walk 100 more steps every day.
- 3. Walk with a friend** The company and commitment can help keep you going.
- 4. Choose an activity you enjoy** You are far more likely to do it! If you find swimming boring, don't even go try.
- 5. Ask for help** See your GP and ask for help to get active. Or go to **www.beactive.wa.gov.au**

You Can Do It

Others have done it , you can do it.

Find out how go to HealthRight Success Stories: www.healthright.org.au/go/success-stories

Quick Links

Be Active WA : www.beactive.wa.gov.au

Healthy Active Australia : www.healthactive.gov.au/

Mental Health Council of Australia: www.mhca.org.au/AboutMentalHealth/ExerciseForYourMentalHealth.html

What moves you: www.abc.net.au/health/healthyliving/fitness/exerciseguide

Department of Sport and Recreation Activities:

www.dsr.wa.gov.au/scripts/nc.dll?DSR.262248:STANDARD::pc=PC_60082

Recreation & Sport Network: www.rec.net.au/?id=124

Find a GP: www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Lifescrpts: SNAP into Health Resources: www.adgp.com.au/site/index.cfm?display=5376

Department of Health : www.health.wa.gov.au/health_topics/index.cfm

Mind Body Life : www.mindbodylife.com.au/

Be active and feel better in the mind and body!