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REGULAR WALKING

Exercise is important for a healthy heart and for leading a healthy life. It doesn't have to be vigorous exercise, but it does have to be sustained. Devote 30 minutes every day to a brisk walk (you don't have to perspire, but it should be more than a stroll).

The heart foundation recommends 30 minutes of activity per day, preferably every day of the week. Children should be involved in an **at least** an hour of activity per day. Ideally, they should be doing two to three hours per day.

What type of Exercise?

You don't have to do 30 minutes in succession. The time can be separated into 10-minute sections if you find 30 minutes too hard at first.

DON'T make the mistake of thinking that you take 30 minutes over the course of the day, so you are done. The 30 minutes is focused activity, not walking around the supermarket (were you stop to grab items and look over shelves) or shopping for clothes or even walking around your work during the day. You need to devote 30 minutes to sustained activity.

30 minutes of activity

Sharing the activity often helps and will keep you motivated. Consider

- Walking the dog with your partner
- Meeting a friend every day to take a walk
- Play a sport with your child
- Ride your bike or scooter
- Swim at the beach or pool

Many people find walking alone with an Ipod is also an effective way of keeping motivated. It is then some time to yourself with your thoughts.

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