



Exercise, movement and physical activity

We know we should exercise regularly, but sometimes the juggle with work, study, family and friends means it slips down, or off, the list. So let's have a look at a few simple tricks to overcome these challenges and get physical activity into your routine.

1 Working around shifts and rosters can make it hard to establish a routine.

- Block time in your calendar as soon as you get your roster
- Think of it as an exercise date, either on your own or with a friend. Once it's committed, you'll be more likely to follow through.

2 Committing to a team sport when you're doing varying shifts can be tough.

- If your current work doesn't suit team sports don't beat yourself up, just find something that works for you.
- Exercising solo can be a great time to recharge.
- And if going it alone doesn't appeal, join a group class, go cycling with a mate or take the kids kayaking or bushwalking.

3 If you haven't had a regular exercise program for a while, even knowing what to do can feel difficult.

- Here's the good news – rule number 1 says the best type of exercise is the exercise that you enjoy the most. So make it fun!

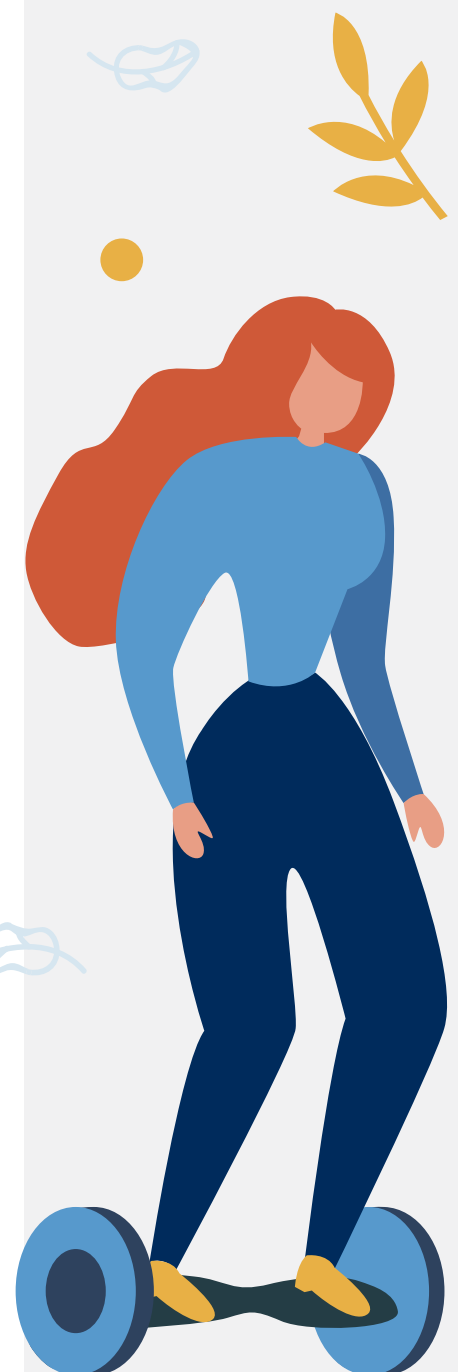
4 The "I'm so busy I just can't find the time to exercise" myth...

- Most of us have fallen into this mindset at some stage, but the truth is usually that we don't MAKE time.
- Spend 10 or 20 minutes at the start of your week or month scheduling exercise into your diary.
- With a little planning, I can almost guarantee you'll find you do have time!



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NEED SOME MORE IDEAS?

- Unloaded exercises such as **swimming** or **cycling** provide additional recovery for sore legs and feet, a common complaint in hospitality.
- Challenge your cardiovascular system. Even if you have an active job, you might not be getting your heart rate up. Make sure most of your exercise regimen is activity that **challenges your breathing**. Whether it's walking, running, rowing, swimming or riding, you should be able to talk but not easily.
- Are you doing enough to maintain **Lean Muscle Mass and strength?** When you're doing your two (or more) strength sessions each week, use weights that you can do between 10 and 15 times before fatiguing. Complete 2 to 3 sets of each exercise. An ideal session will consist of: between 18 and 24 sets of 10 to 15 reps, and will target as many major muscle groups as possible.

If you already have a good exercise program, well done! And keep your focus on continual improvement, evaluate what you are doing and change it up to keep challenging yourself.

DON'T FORGET ABOUT STRETCHING AND RECOVERY

If you're on your feet and moving around in your work, check out the video for some great stretches to do when you finish your shift. You'll find something for:

- Feet/calves
- Hamstrings
- Gluteals
- Hip flexors
- Lower back
- Lats
- Chest
- Neck
- Forearms/hands

REMEMBER

Number 1 rule – make it fun. Don't be afraid to mix it up and try new exercises to keep things fresh and interesting.



BENEFITS OF EXERCISE

- You're doing something for yourself
- You're in control
- Improved mental health: exercise lifts your mood, confidence and self-esteem
- Improved physical capacity: you'll be able to complete your job more easily, and with more energy and strength. And this will carry through to life outside work too.

HOW MUCH EXERCISE DO I NEED, AND HOW HARD SHOULD I BE WORKING?

- General recommendation – aim for 150 total minutes of structured exercise a week
- Include at least two sessions of strength training in this, each for 30 minutes
- Strength training is most efficient when your using multiple muscle groups at the same time
- Go for **FREQUENCY, VOLUME then INTENSITY**: everyone thinks intensity is king, but frequency should be the first focus. Secondly build the volume of each session. When you can do a total of 150 minutes of moderate exercise per week, then start adding some vigorous sessions into the mix.