



# Physical activity/Hauora tinana

Adapted from [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

This resource provides ideas for people wanting to start being and staying physically active to improve their wellbeing. Exercise/hauora tinana can have a positive impact on both people's physical and mental health.

The health benefits of physical activity include improved general health and fitness, energy levels, and reduced risk of obesity, type 2 diabetes, and other physical health conditions.

Physical exercise and activity have positive mental health benefits too. They can reduce stress/tāmitanga, anxiety/manawāpa and depression/matapōuri, and improve mood, self-esteem, and general wellbeing/whai oranga.

Note that if you have a medical condition, limited mobility, disability/ngā whaikaha, or anything else limiting your ability to exercise, discuss your plans with your GP or health professional first. They can help you choose activities right for you.

## Physical activity impacts mental health



## Ideas to get physically active

When feeling sad/matapōuri or stressed/tāmitanga, people often stop doing activities that make them feel good. This in turn, makes them feel worse. Physical activity can improve mood and wellbeing. Below are some prompts to help you get started.

- › What physical activity are you already doing? What exercises can you do?
- › What activities do you enjoy or have in the past? What activities give you a sense of achievement or feeling close to others?
- › What realistic goals can you set for yourself? How will you increase your goals over time?
- › Which activities can you do often? How can you mix it up to keep exercise fun? What new activities can you try?
- › What opportunities do you have for natural exercise? If you have them, can you play with your tamariki, garden or clean, wash the car by hand, take the stairs, walk to the shops, park further away, or go fishing?
- › What times for physical activity and rest breaks can you schedule in your calendar? Can you go for a short walk during lunch?
- › Who can you exercise with? Can you join a group, class, kapa haka group, or social sports team?

There are plenty of low impact activities or exercises to get you started, like swimming, walking, seated exercises, and stretches. For more low impact sitting and flexibility ideas, visit <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Live Stronger also has resources for safe exercise at home, see <https://www.livestronger.org.nz/home/exercise-at-home/resources-to-exercise-safely-at-home/>

## Set SMART goals for yourself

- › **S**pecific (simple, sensible, significant).
- › **M**easurable (meaningful and motivating).
- › **A**chievable (agreed, attainable).
- › **R**elevant (reasonable and realistic).
- › **T**ime-bound (time-based).

## Keep going

- › Increasing your exercise and activity levels will help improve your mood and wellbeing. Be patient, show yourself some aroha, and remember it may take time to notice the benefits.

## Further information

- › The Ministry of Health provides information, advice and guides for people of all ages to increase and improve physical activity | [www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity)
- › Te Hīringa Hauora, The Health Promotion Agency, has a nutrition and activity hub that provides nutrition, activity, and sleep resources | [www.nutritionandactivity.govt.nz](http://www.nutritionandactivity.govt.nz)
- › Mental Health Foundation has suggestions on how to get and stay physically active | <https://mentalhealth.org.nz/five-ways-to-wellbeing/be-active-me-kori-tonu>
- › Health Navigator NZ offers information, advice, and resources for people wanting to get more active | <https://www.healthnavigator.org.nz/healthy-living/p/physical-activity/>
- › Te Hīkuwai – Resources for wellbeing provides information on a range of topics from anxiety, depression, cannabis, and alcohol to sleep, stress, relaxation, and wellbeing | <https://www.tepou.co.nz/tehikuwai>
- › Heart Foundation has information and tips on how to live a healthy lifestyle | <https://www.heartfoundation.org.nz/>
- › For Pasifika people, Pacific Heartbeat has information on nutrition and getting active | <https://www.heartfoundation.org.nz/your-heart/pacific-heartbeat>
- › YMCA or council owned gyms usually provide classes, including those for people living with disabilities. Contact your local YMCA for information and schedules | <https://ymca.org.nz/locations/>
- › There are plenty of local sports teams for all abilities. Search online to find one close to you.

---

***Iti nei, iti nei***

***Take smalls steps to achieve your goals***

