

National Physical Activity Guidelines (NPAG)

#1



What you need to know:

- ◉ What are the benefits of being physically active?
- ◉ Why do we have the National Physical Activity Guidelines
- ◉ What are the specific guidelines for each key group
- ◉ What is the purpose of the physical activity pyramid?

Why do we need to be Physically Active?

- ◉ Health
- ◉ Becoming more sedentary
- ◉ Reduce the risk of disease
- ◉ Promote psychological well-being.

Benefits of Physical Activity

- In groups design a poster that identifies benefits of physical activity
- See pg 5 for information
- Make sure it is colourful, creative and includes pictures

Benefits of p.a

Social benefits

- encourages family/ community connectedness
- improves social skills/ networks
- prolongs independent living for older people
- reduces isolation, loneliness
- enhances self-esteem, confidence

Physical & mental benefits

- improves quality of life
- reduces risk of chronic diseases
- manages weight
- improves sleep
- reduces stress, depression
- develops motor skills
- improves concentration, enhances memory and learning

physical
activity
participation

Environmental benefits

- reduces traffic congestion
- reduces air pollution
- reduces greenhouse emissions
- reduces noise pollution
- creates safer places with people out and about

Economic benefits

- creates employment
- draws tourism
- becomes a means of transport
- supports local businesses
- reduces absenteeism
- reduces crime
- produces health savings

Domains of Physical Activity

- ◉ Physical Activity can be made up from a range of activities:
 - > Occupational activity: - P.E Teaching, Fireman
 - > Household/Gardening activity: - Vacuuming
 - > Active Transportation activity:- walking to school
 - > Leisure-time activity: - Netball

Domains of Physical Activity

Domains of Physical Activity

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graph TD; A[Domains of Physical Activity] --- B[Occupational Activity]; A --- C[Household/ Gardening activity]; A --- D[Leisure-time activity]; A --- E[Active transportation activity];
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Occupational Activity

Household/ Gardening activity

Leisure-time activity

Active transportation activity

Occupational Activity

- These are physical activities that are undertaken each day as part of a person's employment.
- Eg, builder (lifting frames), courier (delivering parcels), clerk (typing and delivery messages.).



Household/gardening activity



- These are physical activities that a person does at home outside of their work hours.
- Activities include gardening, cleaning, painting, mowing the lawns.

Leisure – time activity

- These are physical activities in which a person chooses to participate in. They can be either individual, social or competitive, or a combination.
- Eg. golf, tennis, basketball, lawn bowls.



Active transportation activity



- These physical activities are based on allowing a person to get from one place to another. They often are replacing modern means of transportation.
- Eg., running, bike-riding, walking.

The Costs of Physical Inactivity

- Physical inactivity creates numerous direct and hidden costs to the community. Based on national estimates, these costs include:
 - \$400 million per year overall
 - 8000 deaths per year
 - \$1.3 million per year in obesity-related illness

National Physical Activity Guidelines

- The Australian Department of Health and Ageing have produced a set of guidelines on the minimum levels of physical activity required for optimum health and body weight
- They are not meant for high-level fitness or sport training, but are intended to provide realistic strategies for incorporating physical activity into our daily lives.

Four main guidelines

1. At least 30 minutes of moderate-intensity physical activity on most/all days
2. Think of movement as an opportunity not an inconvenience
3. Be active everyday in many ways
4. Enjoy extra regular, vigorous exercise for extra health and fitness

Dimensions of the NPAG

- ◉ F= Frequency – how many times per week is activity undertaken
- ◉ I= Intensity – what intensity is activity undertaken
- ◉ D= Duration – how long is the activity undertaken per day or per week
- ◉ T= Type – what activity is being undertaken (specific-activity behaviour e.g. Netball or domain-based behaviour e.g. Leisure, Transport)

Adult Recommendations

- F= most if not all days (most = 5)
- I = moderate
- D = 30 mins but can be accumulated across the day
- T = range of activities across all domains

Child & Youth Recommendations (up to 15years)

- F = every day
- I = moderate – vigorous
- D = 60 minutes and up to several hours
- T = range of activities including weight-bearing impact-type activities
- No more than 2 hours per day using electronic media

Older People (draft)

- F = most if not all days of the week
- I = moderate
- D = 30 minutes
- T = a range of activities with a focus on fitness, strength and balance
- Why??
 - > Decrease risk of falls
 - > Increase mobility



Overweight and Obese People

- ◉ F = every day
 - ◉ I = low – moderate
 - ◉ D = 60 minutes (can be accumulated)
 - ◉ T = include aerobic type exercises
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- ◉ N.B. Once weight has been lost it is recommended that 60-90 minutes of activity per day be accumulated to avoid weight regain

Activity

- ◉ Complete the attached table
- ◉ Design individual study cards for yourself to keep on all the NPAG (homework)
- ◉ Make sure is colourful creative and includes pictures

Physical Activity Pyramid

- Educates people about the type of activities required to enhance fitness, health and wellbeing
- People need to participate in all activities in all levels
- Like the healthy eating food pyramid the bottom of the pyramid is activities that we should participate in the most, where as the top is the least

Physical Activity Pyramid

- You Need To KNOW this PYRAMID
- MAKE YOUR OWN, KEEP IT, LEARN IT