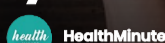
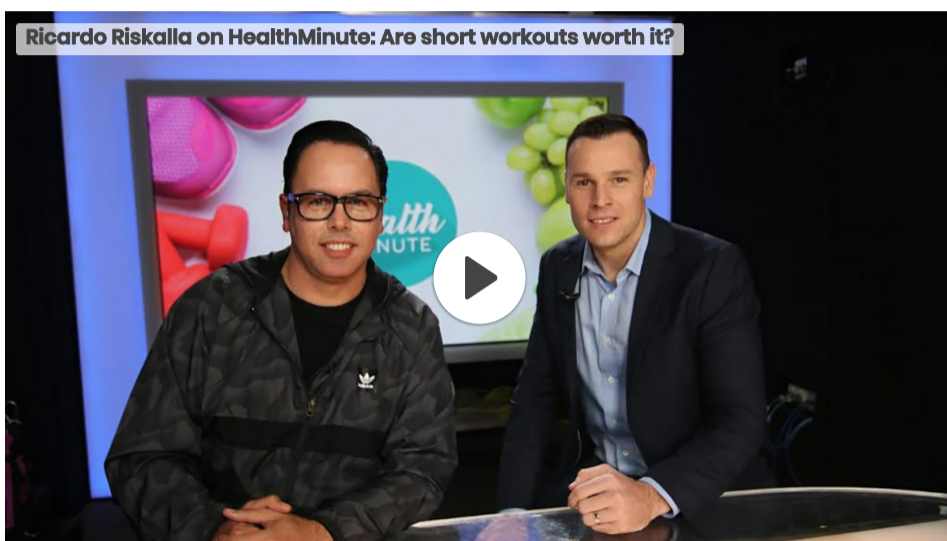


Could doing exercise 30 minutes a day help you live longer?



Getting up and out of your chair every 30-minutes could help to reduce the harms of sedentary behaviour, according to [research in the US](#).

Nearly half of employed Australians sit at work all day, with the Australian Bureau of Statistics citing that an average of 68.5% of Aussies being classified as sedentary with the more time we spend sitting, the higher the risk of preventable health conditions.



But it's not all doom and gloom. Research says getting up and moving around, even for short amounts of time, can drastically reduce the harms of prolonged sitting. HealthMinute asked fitness experts on how to get active.

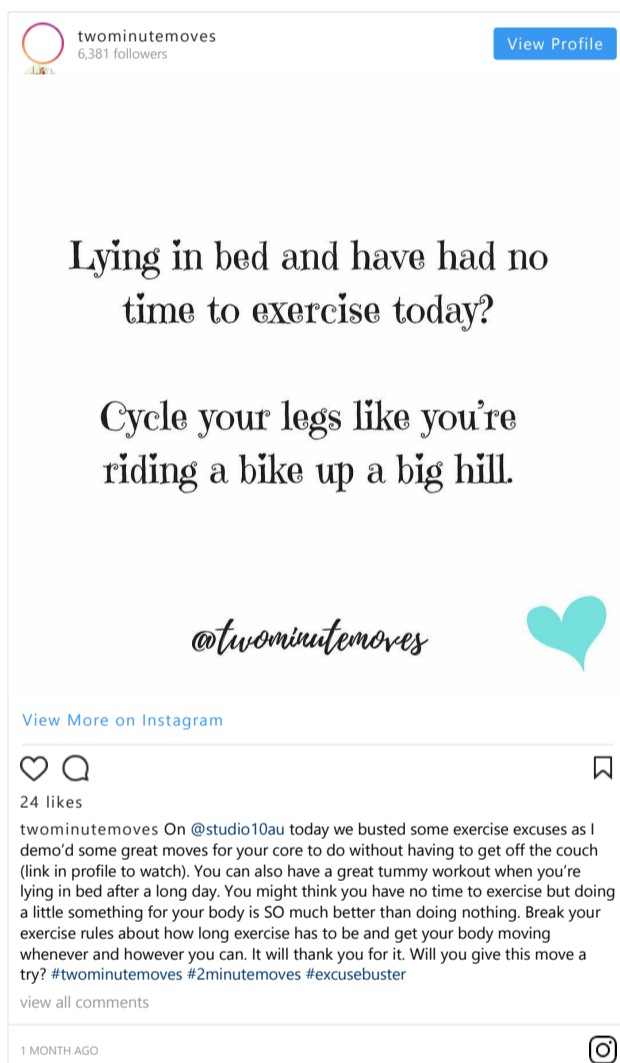
Get into a routine

When getting into a new exercise routine start small and slowly increase this over a week. [Celebrity Personal Trainer, Ricardo Riskalla](#) tells HealthMinute, "know that any movement is a good movement. Commit to doing 10-minutes of exercise activity or walking and slowly build upon this."

"This will help you establish behaviors and create the habit you want to have in place."

Integrate your fitness

[Fitness & Wellness Expert and Author, Lizzy Williamson](#) tells HealthMinute that we need to stop looking at exercise as something we separate from our lives and integrate it into our daily routine. Williamson says, "when hanging out the washing, do some squats to strengthen your glutes or next time you're binge-watching Netflix, cycle your legs out in front of you on the couch to strengthen your core. Even something as simple as housework can turn into an invigorating workout by making it fast."



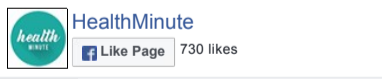
Get motivated in the office

When we change our mindset about exercise not having to be an hour at a time or always at the gym, it becomes a lot more doable when we are busy, tired or unmotivated. Williamson says, "it's pretty normal to become engrossed in your work, and before you know it hours have gone by and you haven't moved. Give yourself a better chance of getting up by setting a reminder on your desk every thirty to sixty minutes. When it goes off, take a walk on the spot sit back down on your chair and quickly stand up again about ten to twenty times. Try to incorporate a stretch out of your body which does wonders for your energy and body stiffness."

[Personal Trainer, Jeff Laurence](#) agrees, with a tip of bringing joggers to work for a lunch break walk, "invite others and turn it into social activity with walking groups to keep motivated and avoid the temptation of eating at your desk instead."

Williamson says it's important to find a way to move that you actually like, "forget about any exercise 'rules' you have and start doing something you enjoy, and your body will start craving more movement."

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