

# Keeping *active* around your home

Keeping active around your home has lots of benefits

Physical activity improves your health. It reduces the risk of chronic diseases like diabetes and arthritis. It can slow the progress of these diseases too. It can help you recover from illness or injury. It can also help keep you agile and your muscles strong.

Being active also improves your energy, mental wellbeing and memory.

**Keeping active around your home and garden counts as physical activity.**

Physical activity helps you stay more independent and have more good days.

Everyone has different abilities and interests. The way you approach your household activities is individual to you.

You might want to start by doing something light and easy. This could be because you're experiencing pain at the moment, recovering from illness or just want to go slow. That's ok, every little bit of activity counts.

**We've got some tips and information that will help.**



# Our top tips for keeping *active* at home

MON	TUE	WED	THU	FRI	SAT	SUN
Vacuum Hall Rest Dust	Laundry	Wipe bathroom vanity and mirror	Sweep kitchen Rest Mop kitchen	Vacuum lounge room	Garden	<b>REST DAY</b>

## PLAN YOUR WEEK

Spread heavy activities like vacuuming over the week. Do a few household activities each day.

If you have someone who comes to help with heavy activities, have a think about what you can do in between visits. Dusting and light sweeping are nice and easy.

**Can you make an activity easier by doing it in two or more parts? Soaking dishes before you wash them is a good example of this.**

## PACE YOURSELF

Work in short chunks of time. Up to 30 minutes is good. Give yourself 5-10 minute rest breaks before you get too tired.

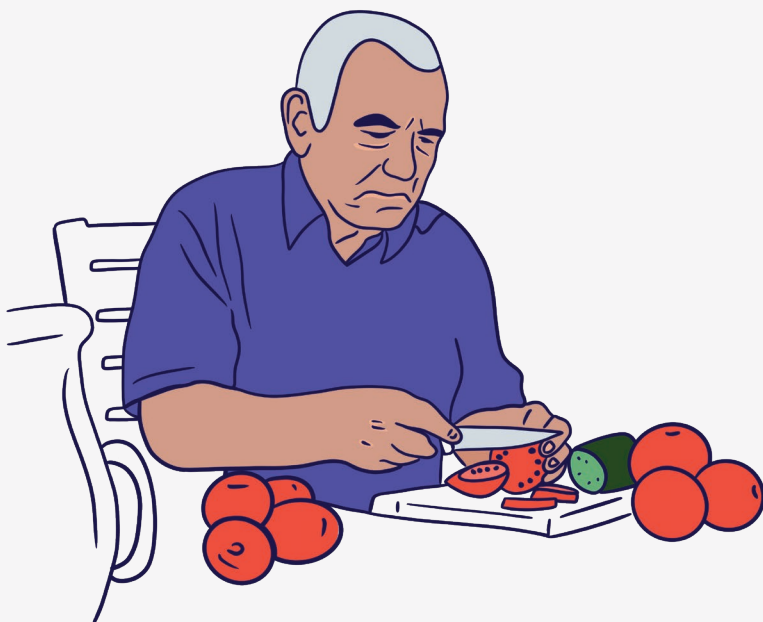
Don't keep going if you feel pain or discomfort during the activity. Stop and rest.

**Try to vary the types of movement you do. After you sweep try dusting before you do a similar movement like mopping.**

## THINK ABOUT HOW YOU'RE MOVING

How does it feel? If a movement feels awkward, stop and think about how you can change what you're doing so you can move safely and easily.

**Could you slide objects and equipment along the floor or benchtop instead of lifting them? Would sitting instead of standing make cooking more enjoyable?**



## WHAT DO YOU ALREADY HAVE THAT CAN HELP?

You have things in your home that can make household activities easier.

If you have trouble with pegs use coat hangers to hang your washing on the line.

Try a folded towel to kneel on when you're gardening. Put a chair at the end of your bed so you can strip blankets off the bed onto the chair.



## WHAT EQUIPMENT AND HOUSEHOLD ITEMS CAN YOU GET?

Here's some examples:

- A long handled broom and dustpan
- A lightweight mop and bucket
- A lightweight, long handled vacuum

Talk to your service provider about what's available and where to get it.

## GET MORE OUT OF YOUR ACTIVITIES

Some days you might want to make your household activities as easy as possible. Other days you might feel like more of a workout.

Here's something to try when you're vacuuming. Instead of standing still and only moving your arms, walk back and forth with the vacuum cleaner. That's a good workout!

Use a long handled duster for hard to reach places and get a nice shoulder workout at the same time. Remember to pace yourself.

Walking to the mailbox is also a good way to add more movement to your day.

# Get support

A family member, friend, neighbour or support workers can help you with activities that are difficult.

A physiotherapist or occupational therapist can help you find safe and easy ways to do things. They can also work with you to build your strength.



## FIND OUT MORE

Keeping active around your home and garden helps you be healthier and more independent. We've shared a few ideas about how you can do this. There's lots of ways you can develop a routine that suits you.

We'd love to hear your thoughts, share more tips and support you. Please get in touch.



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