

# The Power of Movement

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Coffs Kids in Motion & Medicise

# The Power of

## Movement

- The Australian Physical Activity Guidelines
- The Guidelines Explained!
- Exercise to support mental health
- And health
- Movement hacks
- Risky play
- How to sustain an active life
- Tips
- Goal setting
- Q and A



# The Australian Physical Activity Guidelines



## Infants (birth-12 months)

- Babies should be physically active several times a day in various ways
- No sedentary screen time



# The Australian Physical Activity Guidelines



## Toddlers (1-2 years)

- At least 3 hours of various physical activity each day including energetic play
- No sedentary screen time



# The Australian Physical Activity Guidelines



Preschoolers (3-5 years)

- 'The more, the better'
- At least 3 hours, including an hour of energetic play
- Not allowing more than 1 hour of sedentary screen time (less is better)



# The Australian Physical Activity Guidelines

Children and young people (5-17 years)

- At least 60 minutes each day of moderate to vigorous PA that make the heart beat faster - more is better
- At least 3 days/week should incorporate vigorous activities and activities that strengthen muscle and bone

# The Australian Physical Activity Guidelines

18-64 years accumulate:

- 150-300 minutes of moderate intensity physical activity, or
- 75-150 minutes of vigorous intensity physical activity, or
- An equivalent of both.

Aim to do activities that strengthen muscles at least 2 days per week. Ideally, we are active on most days with frequent movement breaks during any time spent sitting down.



# The Guidelines Explained!

## **Moderate intensity**

Breath: Quick, but you won't be out of breath

Sweat: Develop a light sweat after ~ 10 minutes of activity

Conversation: Possible, but you won't be able to sing

## **Vigorous intensity**

Breath: Deep and rapid

Sweat: Develop a sweat after a few minutes

Conversation: You can't say more than a few words without pausing for breath





# Exercise and Movement to support Mental Health

[Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#)



### Exercise:

- Positive effect on mood (within 10 minutes)
- Aids weight management
- Helps prevent (and manage) chronic conditions
- Improves sleep quality
- Boosts energy levels
- Increases physical strength
- Supports development of resilience, responsible risk taking, emotional regulation
- Decreases experience of pain
- Improves academic outcomes - executive functioning and concentration
- Reduces risk of cancers
- Benefits quality of life

# Exercise and Movement to support Health

# The ultimate brain workout

Different physical exercises can bring specific mental gains, from improving memory to dealing with cravings or reducing stress

## LIFTING WEIGHTS

**Prefrontal cortex**  
complex thinking,  
reasoning, multitasking,  
problem-solving

## SPORTS DRILLS

**Prefrontal cortex**  
**Basal ganglia**  
attention, switching  
between tasks, inhibition

## YOGA

**Frontal lobe**  
**Insula**  
integrates thoughts  
and emotions

**Parietal lobe**  
visual-spatial  
processing

**Amygdala**  
fear and anxiety

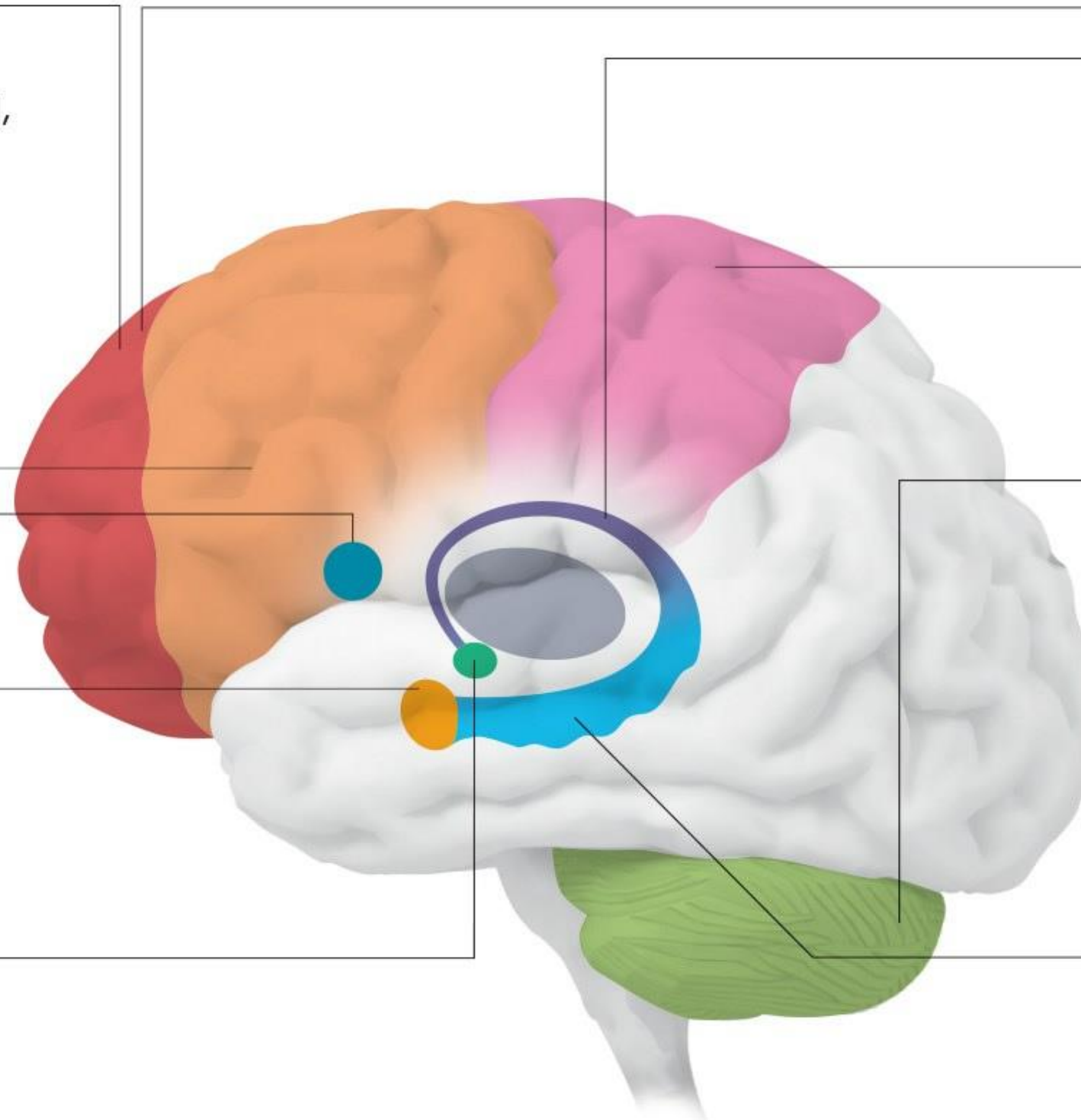
**Cerebellum**  
attention

## HIGH-INTENSITY INTERVALS

**Hypothalamus**  
appetite regulation,  
cravings and addiction

## AEROBIC EXERCISE

**Hippocampus**  
memory



# Movement Hacks

## **Exercise Snacks**

Small bouts of exercise - anywhere, anytime

Motto: Do what you can, wherever you are, with whatever you've got.

## **Snacktivity**

Active activities - short and frequent is ideal, work into day-to-day

Motto: Make them practical!

## **Cumulative Activity**

Short stints of exercise - when added together amount to recommendations

Motto: Anything is better than nothing (and usually more is better than less)

## **Incidental Exercise**

Any activity that is part of your day-to-day

Motto: Feel empowered by exercise!





# Risky Play

# Should we help them?



Can they do it by themselves?  
Can they do the majority by themselves?  
What can't they see?

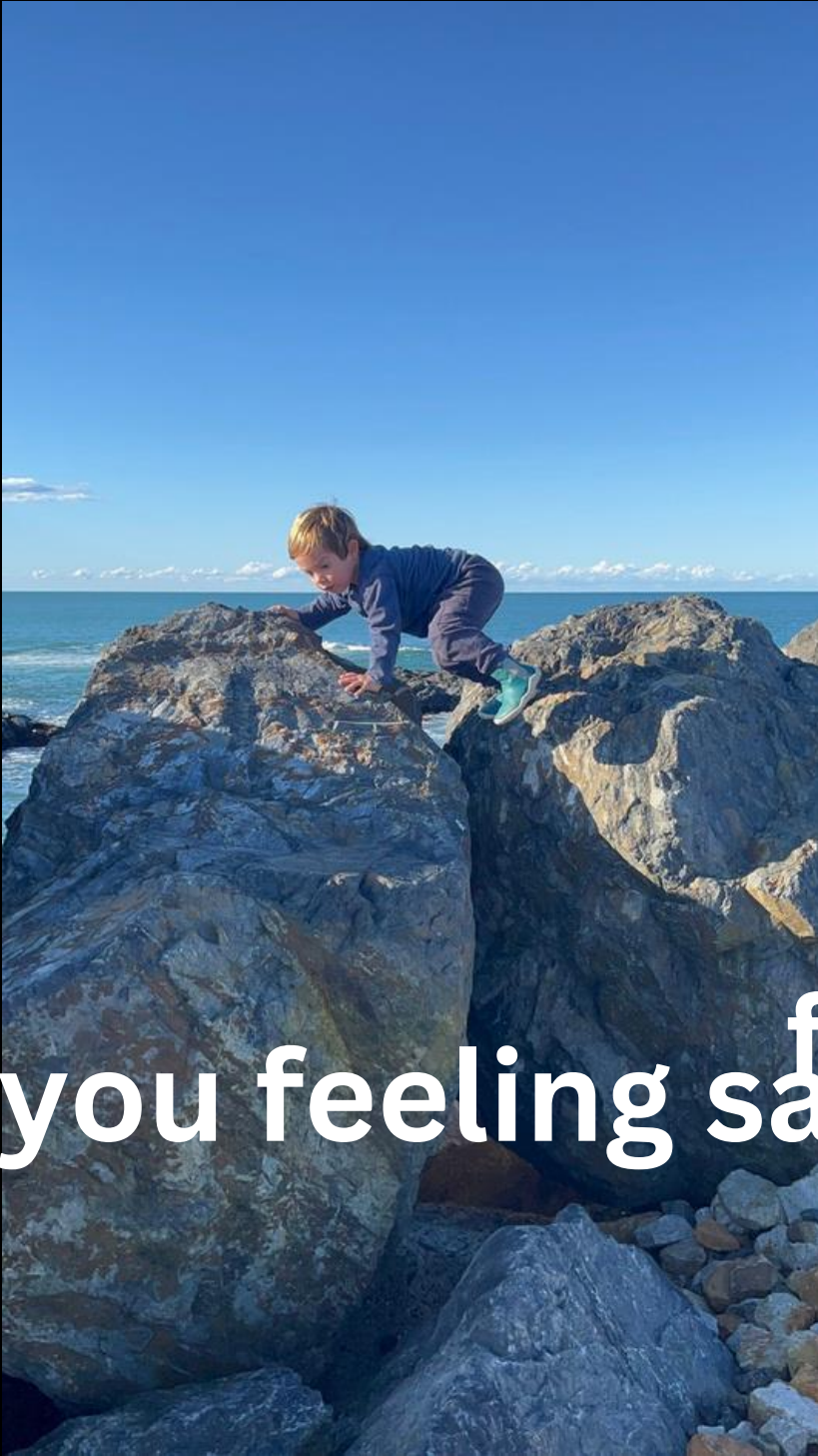
Our job is to make the environment as safe as necessary, not as safe as possible.



What can we say instead of,  
"Be careful!"??



"Firm feet, strong  
hands"



"Are you feeling safe?"

"Where are you going to stop and rest?"

"What's your  
plan?"



"Can you  
feel/see/hear?"

"I'm here if you  
need me"

"Slow and  
steady"

# When your 'shark music' starts, check in - what's bringing it on?



Are they:

**Hungry**

**Angry**

**Lonely**

**Tired**

Do they have the:

- Skills
- Motivation
- Capability

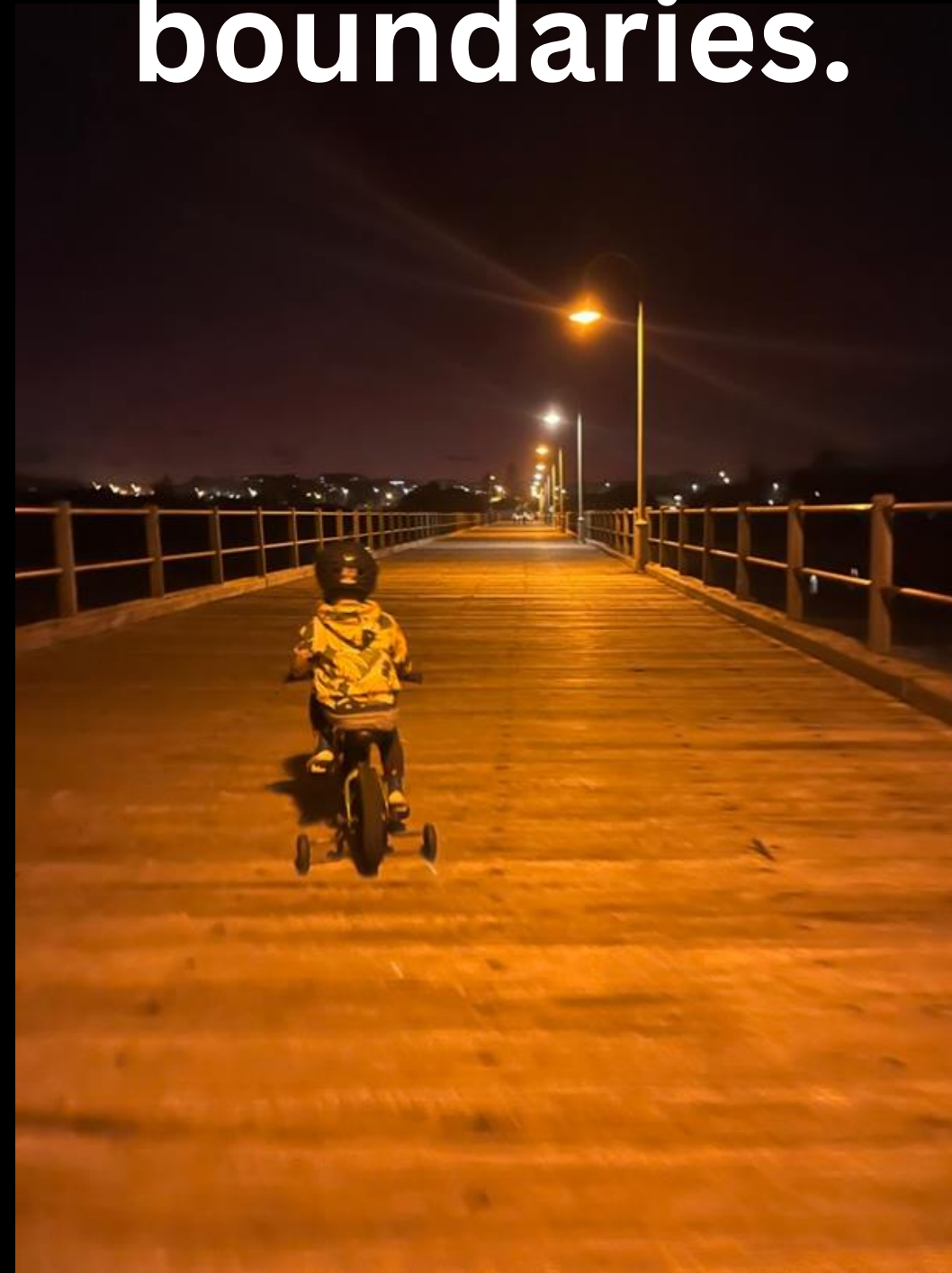
Can you pause?



Let's remove the hazards and leave the age appropriate risks.  
Hazards are the things that can result in significant injury.



# Clear and consistent boundaries.



e.g. the stick can hit the tree or the ground but not people,  
we only go to the beach with an adult etc

# How to sustain an active life

- Reflect on your why
- Reflect on your WHAT
- Make small, easy changes
- Be patient
- Embrace adaptability



# Top Tips for Staying on Track

- Do something you like
- Make a plan
- Start small
- Mix it up
- Buddy up
- Anything is better than nothing and usually more is better than less!





# Goals



## SMART Goals

- Specific
- Measurable
- Achievable
- Realistic
- Timely

## Open Goals

- What do you want to improve?  
e.g. be more active
  - What do you want to measure?  
e.g. daily step count
  - Open-ended
  - Exploratory
  - Curious
- e.g. I want to see how high I can get my average daily step count by the end of the year

# Resources

- [Exercise Right](#)
- [Exercise is Medicine](#)
- [Active for life com](#)
- [Fundamental Movement Skills with Frankie and Friends](#)
- [Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#)
- [Risky play advocate](#) - Nicole Pates