GET ACTIVE VICTORIA

VICTORIA State Government

Moving across the day adds up.

Taking short breaks throughout the day is an easy way to fit 30 minutes of physical activity into your routine.

All activity adds up, so stand, stretch, or take a short walk and feel the difference.

For more tips visit **getactive.vic.gov.au**

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.