

Transport Safety Pack

STAY ACTIVE GUIDE

Being physically active is an important part of living a longer, healthier life. A sensible, regular approach to physical exercise will help you feel better, give you more energy, improve your vitality and allow you to get a better night's sleep. This will also make you a safer, more alert driver.

Regular exercise and a healthy diet will also help to manage your weight better. Not only will you look and feel better, exercise and a good diet will reduce your chances of developing heart disease, diabetes, cancer, and back pain.

People who are physically inactive are almost TWICE as likely to die from coronary heart disease (heart attack) compared to those who are active.

And a routine approach to physical exercise and a sensible diet will help you stay more alert on the road.

Why?

Exercise is a sure way to reduce your chances of being off the road with an injury or bad health. It will:

- ∞ Strengthen muscles and joints, build strength and flexibility
- ∞ Clear away negative thoughts and promote a healthier state of mind
- ∞ Enable you to better manage stress, improve concentration and self-confidence
- ∞ Promote good blood pressure and cholesterol levels, which will reduce your chances of having a heart attack.

How?

It's easy! Set yourself some simple goals to become more active.

Aim for a modest 30 minutes of activity on most days. What about trying these easily achievable activities:

- ∞ Go for a brisk 10-15 minute walk (aim for two of these a day to clear your head and re-energise you)
- ∞ The long hours of sitting and concentrating can contribute to back problems and stiffness, so use your breaks to s-t-r-e-t-c-h
- ∞ Go for a bike ride, swim or walk with your family on your days off or in the evenings
- ∞ Play with the kids in the park or take the dog for a walk
- ∞ Go hiking with your mates or play footy, cricket or throw a Frisbee during your breaks – a great stress buster

- ∞ At home, put the remote control away and walk over to the television to change channels, mow the lawn, or walk to the shops instead of driving your car.

Don't give up, especially in the early stages when you may not see results - the benefits will come. And if you do have 'one of those weeks', that's okay. Just begin again and keep moving.

Getting fit and eating right means taking responsibility for YOUR own health.

If you haven't been active recently, visit your doctor before starting any physical activity program. Looking after your health is like looking after your vehicle - regular care and maintenance pays off in the long run.

Tips

When walking, use a pedometer (step counter) for motivation and to monitor your progress – aim to walk 10,000 steps per day.

Try the Exercises for the Road (Driving and Your Health Information Supplement on the NTC's web site) a couple of times per day.

Be active with your family and mates – it's a great way to build relationships. It is easier and more fun to stay active when you exercise with someone else – even if it's the dog!

Stretch before and after exercise and wear appropriate footwear.

Further information

- ∞ Your local fitness centre, e.g. YMCA
- ∞ Heart Foundation (in your capital city)
- ∞ Government organisations, e.g. "Go for your Life" in Victoria – www.goforyourlife.vic.gov.au
- ∞ Your local health professional
- ∞ Information Supplement, Exercises for the Road on the NTC website www.ntc.gov.au.
- ∞ Visit www.vicroads.vic.gov.au and www.arrivealive.vic.gov.au

This safety guide has been produced by the Transport Industry Safety Group with the support of VicRoads and the NTC to improve the safety of transport workers. It is one of 18 Safety Guides and other important information including the TISG's 'A Guide to Occupational Health and Safety Transport Industry' that can be downloaded from www.vta.com.au



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