



# Be more active to prevent cancer

Multicultural Health Week 2023

Celebrate culture through movement – every move counts

# Acknowledgement of Country

I acknowledge the  
Traditional Custodians of  
the lands on which we work  
and live, and recognise their  
continuing connection to  
land, water and community.  
I pay my respects to Elders  
past and present.

Artwork by D.Golding 2016



# Healthy changes to reduce cancer risk



# 1 in 3 cancers can be prevented



# What are the types of physical activity?



## Moderate Intensity

Takes some effort, where you can still hold a conversation, but not sing

- Brisk walking
- Dancing
- Social tennis
- Recreational swimming
- Climbing stairs
- Gardening
- Cleaning windows
- Mowing the lawn
- Pushing a stroller
- Cycling to/from work



## Vigorous Intensity

Takes a large amount of effort, where you work up into a 'huff and puff'

- Jogging
- Aerobics
- Fast cycling
- Boxing
- Competitive or team sports like football or netball
- Lifting and carrying



## Muscle strengthening exercises or activity

Exercises that use resistance such as body weight, dumbbells or barbells.

- Weight training or lifting heavy objects as you go about your day.
- Squatting exercises and movements where you are using the weight of your whole body
- Heavier gardening like digging or shovelling
- Running
- Swimming
- Cycling

# How can I get started?

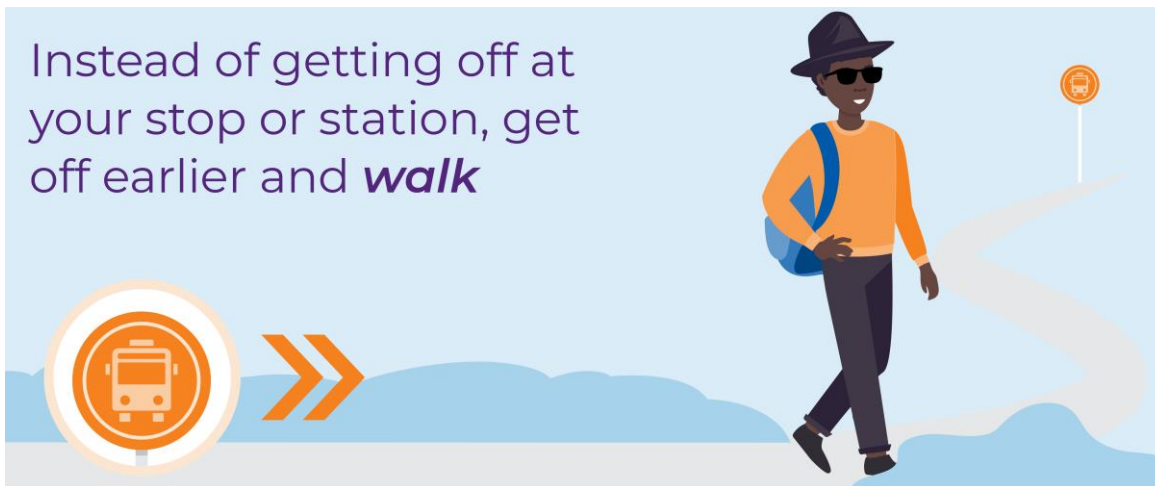
Instead of parking near the door, park further away and **walk**



Instead of sitting down to watch TV, **do some stretching** or **strength exercises**



Instead of getting off at your stop or station, get off earlier and **walk**



Instead of catching up with friends for a coffee or meal, **go for a stroll**, **do a hike**, or **take a fitness class** together



# How much activity?

## How can I reduce my cancer risk?

Aim for:

### Daily

1 hr of moderate intensity OR 30 mins of vigorous intensity OR a combination



### On two of these days per week

Include muscle strengthening activities



Limit times when you are inactive i.e. minimise and break up long periods of sitting



# Where can I find groups and sports?

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## Office of Sport

- Link: [sport.nsw.gov.au/find-a-sport](http://sport.nsw.gov.au/find-a-sport)
- For all
- Not sure which activity to start with? The Office of Sport provides a list of many different sporting organisations in NSW to get involved with. You can also find specific sports and organisations for people with disability.

## Active and Healthy

- Link: [activeandhealthy.nsw.gov.au/](http://activeandhealthy.nsw.gov.au/)
- For older adults
- Active and Healthy provides information and tools for older adults and exercise professionals to increase their physical activity. Look for exercise and falls prevention classes in your area.

## Local Council

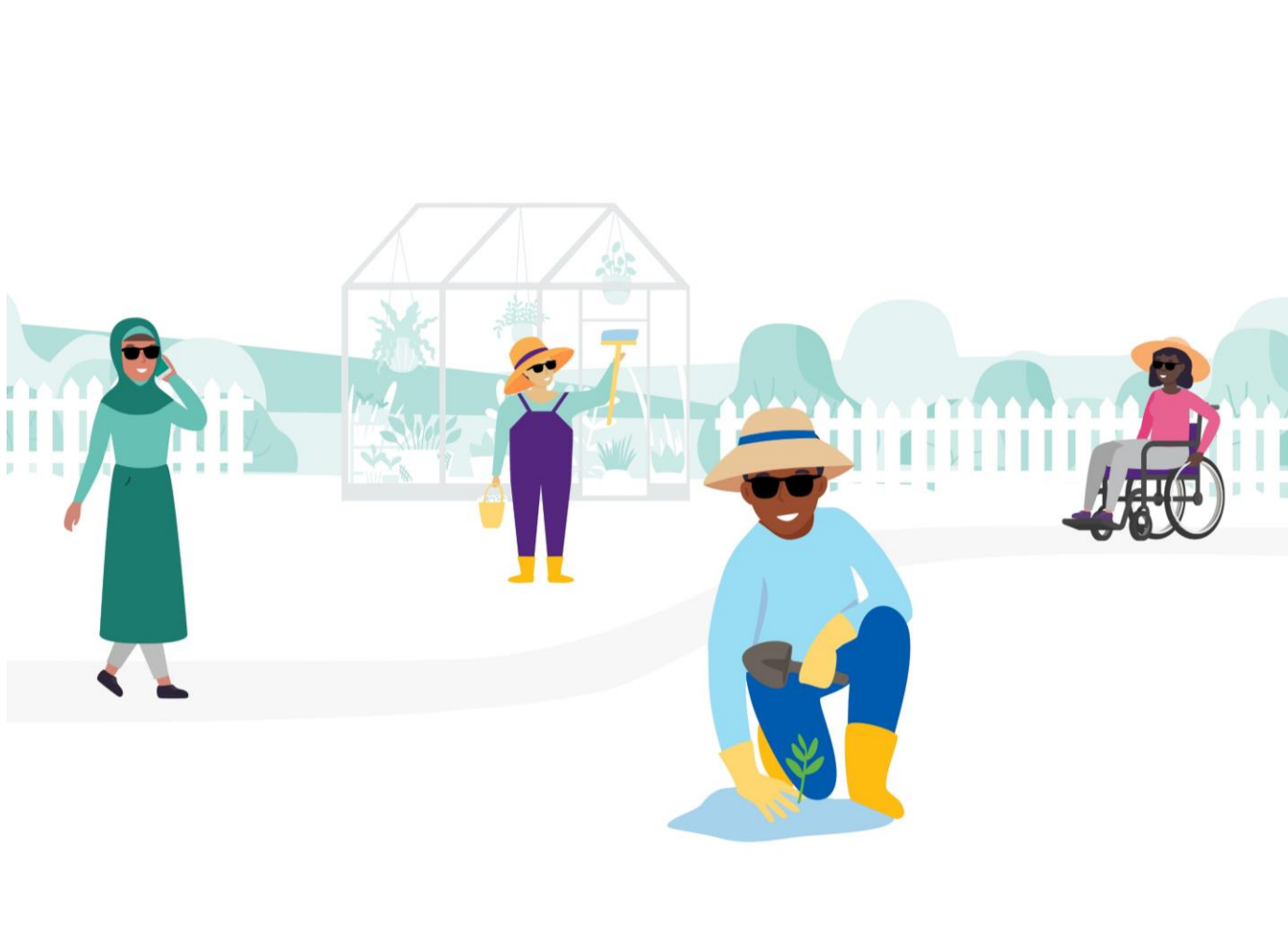
- Link: [olg.nsw.gov.au/public/find-my-council/](http://olg.nsw.gov.au/public/find-my-council/)
- For people seeking local culturally and linguistically relevant groups
- Your local council may have information about community groups and local facilities to support your physical activity.

## CanRevive

- Link: [canrevive.com/](http://canrevive.com/)
- For Chinese speaking community
- CanRevive provides support for Chinese language speakers, and organise opportunities for exercise classes.



# Can I get help to get started?



## Get Healthy:

- Link: [gethealthynsw.com.au/program/](https://gethealthynsw.com.au/program/)
- For all
- Get Healthy is a personalised phone-based health coaching service that supports adults in making healthy lifestyle changes. Doctors and health professionals can provide referrals to this free service. There are dedicated programs including Aboriginal and Chinese coaching programs.

# Every move counts! Have fun!

- More information about Multicultural Health Week 2023  
[mhcs.health.nsw.gov.au/about-us/multicultural-health-week/2023](https://mhcs.health.nsw.gov.au/about-us/multicultural-health-week/2023)
- Access physical activity information in 18 languages in [Staying well and preventing cancer flipcharts](#)
- Download and print our [Be more active reduce your cancer risk factsheet](#) (PDF) and [worksheet on tips to help you get started with physical activity](#) (PDF).

