



## Enjoying a water way of life ...our entire life

**Keeping your body moving and your mind active through regular exercise is vital for good health.**

No matter your age, physical activity offers a range of health benefits, helping to increase longevity and improve quality of life. Some of these may include:

- improved cardiovascular fitness
- boost to mood and improved energy
- stress relief
- improved sleep
- prevention of chronic illnesses
- strengthened bone density
- improved balance and mobility

It's never too late to start enjoying the benefits of physical activity.





## > RETURNING TO EXERCISE?

### ANY MOVEMENT IS BETTER THAN NOTHING

Exercise doesn't have to be strenuous or tiresome, it can be as simple as going for a walk with a friend, doing Tai Chi or going for a swim. No matter what you choose, exercise is a great way to socialise with others and do something you enjoy.

### AQUATIC RECREATION

Royal Life Saving encourages all Australian's to keep active to enjoy the many benefits of physical activity. Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life. No matter your age or ability, there are plenty of opportunities to participate in an aquatic activity that suits you:

- Swimming at your local pool
- Attending an aqua aerobics class
- Yoga or Tai Chi by the lake
- Enjoying a walk along our inland and coastal waterways
- Kayaking or boating with friends and family

### CHECK IN WITH YOURSELF

Before participating in any exercise Royal Life Saving recommends that you check in with yourself and your doctor about your current physical health.

- When was the last time you exercised?
- Do you have any mobility issues that would restrict how you exercise now?
- Are you feeling well enough to exercise?
- Are you on any medication that affects your blood pressure, heart rate or breathing that could impact how you exercise?
- Always check in with your Doctor before starting a new type of exercise



To find out more visit our website:  
[drowningprevention.org.au](https://drowningprevention.org.au)



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