



## The goal is to move more

Kickstarter21 is about doing whatever feels right for you to move rather than sit. Here are some useful sites that will hopefully get you moving.

### GET MOTIVATED

Isn't it interesting that we don't say to ourselves "I don't really feel like brushing my teeth today"? We just do it because looking after our teeth is important. So why can't we apply the same logic to exercising?

There's a lot of hype around the e-world – with thousands of books, YouTube videos, websites that don't seem to hold the key to having us do what we know we should do.

Start with one achievable thing you can do EVERY day – a 10 minute walk listening to your favourite music or podcast and do this every day.

- <https://www.theage.com.au/lifestyle/health-and-wellness/losing-your-motivation-to-exercise-here-s-how-to-get-it-back-20200514-p54st1.html>
- <https://www.beyondblue.org.au/personal-best/pillar/supporting-yourself/exercise-your-way-to-good-mental-health>
- <https://au.reachout.com/articles/how-to-exercise-when-youre-not-motivated>
- <https://www.abc.net.au/news/health/2019-10-27/overcoming-barriers-to-exercise/11603790>
- <https://www.abc.net.au/health/healthyliving/fitness/exerciseguide/>

### GET MOVING AT WORK

Taking breaks throughout the day can help you to refresh your mind and reset your attention span. On average our brains are only able to focus for 90 minutes and need at least 20 minutes rest. You can set a [timer](#) that lets you know when to take a short break to stand up and stretch your legs and grab a drink.

Becoming health conscious at work is easier if you have a [buddy](#). Encourage someone you work with to join you for a quick energising walk, even 5 – 10 minutes is good. You will feel energised and refreshed and you can shrug off some stress.

Have a [walking meeting](#) or schedule a meeting outdoors. Connect with nature – one of the best things about working at Callaghan campus is the beautiful natural surroundings (and now is a great time to be outside as the mozzies are not around – or very few).

Check out these apps get you moving at work: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-exercise/art-20047394>

## GET MOVING AT HOME

There is a lot of free online resources available for home workouts. Here are a few to hopefully get you inspired:

1. Did you know there is exercise equipment set up outside at Callaghan. Check it out [here](#)
2. Free yoga [here](#)
3. Home workouts with [Sam Wood](#), a personal trainer who posts daily workout videos on his Facebook page
4. The [scientific 7-minute workout](#): New York Times
5. [12 minute athlete](#) for higher intensity routines.