



## Get Active Gold Coast *My Story*

Date: March 2011

### Getting active - no excuses!

When I moved to the Gold Coast from cold Victoria about 10 years ago I was amazed at the beautiful weather we have here all year round. It was a far cry from football training in the middle of winter in Ballarat where you couldn't feel your fingers or toes when trying to mark or kick the football!

When playing Aussie Rules on the Gold Coast the first thing I do is apply the sunscreen, (no need to look for an extra jumper to put on to keep the cold out!)

I have also found the beautiful GC weather has extended my career and I can still run around in a Masters competition with the Coolangatta FC. You are never to old!!!

Whether playing sport or simply enjoying the beautiful beaches and parks we have on the Gold Coast, there is no excuse in finding plenty of ways to get your regular fix of physical activity each day.

I only need to do 30 minutes of activity each day, and when I am pushed for time I know I can achieve this in three lots of 10 minutes. So no excuses for me - what's holding you back?

*"The beautiful GC weather has extended my career and I can still run around in a Masters competition."*



### Chris's Story

Age: 40 – 49

My GAGC Community:

Adults

#### FACTS:

- Men and women of all ages benefit from a moderate amount of physical activity!
- As an adult, get active every day, in as many ways as you can.
- Put together 30 minutes of moderate intensity activity most, preferably all days.
- If you can, also enjoy some regular, vigorous activity for extra health and fitness.
- Maintaining a regular routine of physical activity of longer duration or greater intensity are likely to derive greater benefits.
- Find your activity options at [getactivegoldcoast.com.au](http://getactivegoldcoast.com.au)

Get up, get out...  
get active!