



Get Active Gold Coast *My Story*



Jasmine's Story

Age: 18 - 59

My GAGC Community:

Adults

Date: March 2011

Rain or Shine!

I make sure I keep activity exciting and entertaining to avoid falling into bad habits!

I moved to Southport so that I could walk to and from work everyday (before all the rain started!!) - and I take a longer route home to keep work friends company.

I took up dancing again to expand the social network and have fun while getting fit.

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

Get up, get out...
get active!



I taught my partner how to box so that we can keep each other on our toes!

My Advice:

The best advice I can offer is to find an activity that inspires you to go back - yoga, dance, boxing, beach running. Something that challenges you, but that you enjoy enough to want to return! And take a buddy because you are twice as likely to go!

"I took up dancing again to expand the social network and have fun while getting fit."