

# Physically Active Recreational Pursuits that you do with others:\*

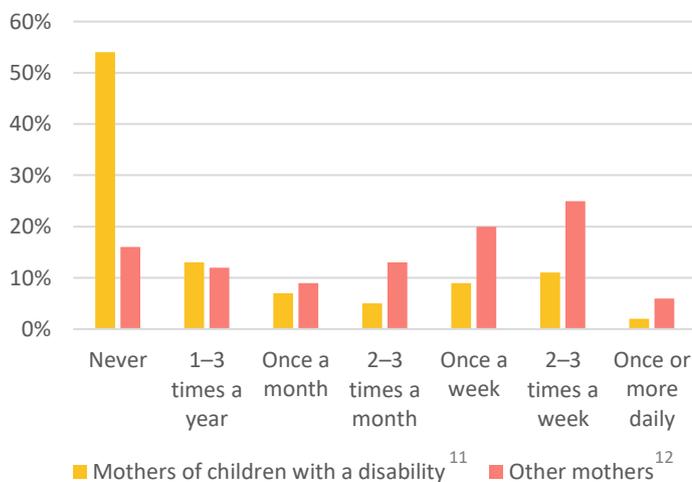
## Essential to your Health and Well-Being



Created for mothers by Helen Bourke-Taylor PhD©

It is important to find time to participate in physically active recreational pursuits, whether this be done alone or with others. Exercising with others can mean socialising at the same time, gaining physical, mental and social benefits all at once!

How often do mothers participate in physically active recreational pursuits with others?



Examples of physically active pursuits you can do with other people<sup>11</sup>

- tap dancing
- playing squash or tennis
- walking with another mother
- golf sessions with a personal trainer
- gym sessions with a personal trainer
- playing a team sport
- bushwalking/hiking
- camping
- Pilates.

What are the benefits of exercising with others?<sup>15</sup>

- it can be more fun exercising with a friend or family member
- you can create new friendships
- you are more likely to be committed and achieve your fitness goals
- you push yourself more when others are around
- it can be more affordable to exercise with a friend, as you can carpool or share fitness equipment and personal trainers.

Being a member of a team can also be fun and rewarding.



What are the benefits of playing a sport?

People who play a sport are more likely to remain fit and healthy as they age, compared to those who exercise in other ways.<sup>16</sup> In addition, playing sports that are enjoyable as well as social is more motivating in the long-term.<sup>16, 17</sup>



• Anyone can take up a sport!

## So what can I do?

If exercising with others interests you, there are many different sporting teams and exercise groups which cater to a wide range of abilities. Your community will offer a range of sports that may be indoor or outdoor.

'... Exercise is important for all of us... my kids and I have been doing a lot more walking, parking half way to school and walking the rest of the way... It's important for me to be healthy for us to function better as a family...'<sup>15</sup>

Whether you are physically active alone or with others, it is important to engage in physical activity regularly.

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

\*Item 3, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 5, 11, 12, and 15-17: See Fact Sheet 13 for full list of references.