

Friday 14 October 2011

## **Working Mums Urged To Increase Activity**

Working mums are being urged to be more active after research has revealed that they are the worst offenders for not exercising.

Recent data published by the Australian Bureau of Statistics<sup>1</sup> shows that only one in five women with children aged under 18 is meeting the Government's recommendation of 30 minutes of physical activity every day. Working mums were found to be the most sedentary, with those who work 16 to 34 hours a week doing the least exercise.

Physical Activity Australia's Chief Executive Fiona Bailey said, "The ABS data shows that most mums are not meeting the National Physical Activity Guidelines and as a result are jeopardising their own health. Working mums in particular tend to put the wellbeing of their children and other family members before themselves."

"It is important for all mothers to exercise, not only to improve their own health, but also to set a good example for their children. Thirty minutes of exercise each day is not hard to achieve and can be broken up into two 15 minute walks to make it easier to fit in around other activities," she said.

Being physically inactive can lead to overweight and obesity, which can increase the risk of developing a number of chronic health conditions. Walking is one of the easiest, most enjoyable and least expensive forms of activity.

Ms Bailey urged working mums to become involved in this month's Physical Activity Australia Walktober Challenge. The Challenge encourages workplaces to establish teams to see how many kilometres can be walked.

"As October is Australia's walking month, the Physical Activity Australia Walktober Challenge is a terrific incentive to get people walking either as recreation or as a form of transport. This year we're aiming to clock up enough kilometers to have walked around the world – that's 40,075 kms," Ms Bailey said.

Physical Activity Australia is dedicated to advocacy, to supporting people to be more active and to representing and registering exercise professionals. Established in 1982 and with nearly 30 years experience, we are Australia's leading organisation working towards changes and improvements in physical activity environments. We aim for all Australians, young and old, to be active every day. We are an independent not-for-profit incorporate association.

<sup>1</sup> Australian Bureau of Statistics. (2011) *Physical Activity in Australia: A snapshot 2007-08*. Retrieved from <http://www.abs.gov.au/>

**For more information on the Walktober Challenge visit [www.walktoberchallenge.com.au](http://www.walktoberchallenge.com.au)  
For media enquiries please contact Justine Hodge on 0411 825 627.**

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