

Girls MAKE YOUR MOVE

australia.gov.au/girlsmove

If there was one thing you could do to feel healthier and happier, give you a better night's sleep, more energy, and a sharper mind, you'd probably think it was too good to be true.

But there is something – we're talking about being active, sitting around less and getting out more.

Physical activity and sport have so many benefits. Being active can help you stay fit mentally, and cope with the ups and downs in life. In addition to greater energy and improved fitness, regular physical activity can help manage stress, alleviate depression and anxiety, strengthen self-esteem, enhance mood and boost mental alertness.

It's also good for our health – regular physical activity, even of moderate intensity can reduce the risk of diseases such as cardiovascular disease, type II diabetes, osteoporosis, colon cancer, and obesity and injury.

The Girls Make Your Move campaign is about pushing past those barriers and generating positive perceptions of physical activity. It's about inspiring, energising and empowering young women to be more active, and reinforcing the many benefits of an active life, whether through recreation, sport or incidental physical activity.

We want to encourage sport and physical activity to be a natural part of young women's lives – enjoyed, not endured. We want to see young women have the confidence and motivation to be active.

For more information go to australia.gov.au/girlsmove and follow [@girlsmakeyourmove](https://www.instagram.com/girlsmakeyourmove) on Instagram for inspiration.

Share your stories with [#girlsmakeyourmove](https://www.instagram.com/girlsmakeyourmove) [#girlsmove](https://www.instagram.com/girlsmove)

TIPS FOR GIRLS



New to an activity or sport? Be kind to yourself and build it up gradually.



Aim for 1 hour of activity every day. If you need to take a break, just restart as soon as you can.



Write up a schedule. Put it in your calendar and commit to it.



Set up a schedule with a group of friends. You can motivate each other to push a little further and stay on track.



Try new activities until you find one you like.

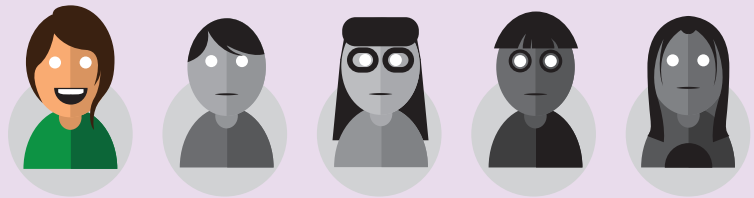
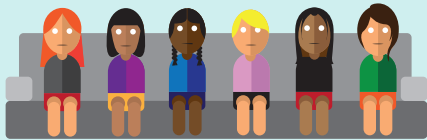


Set short-term and long-term goals. Make them specific and achievable.

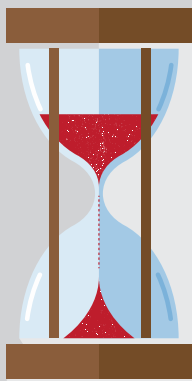
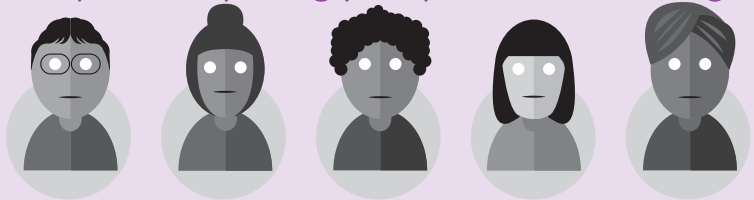




Less than half (44%) of girls aged 15–17 participate in moderate or high levels of physical activity

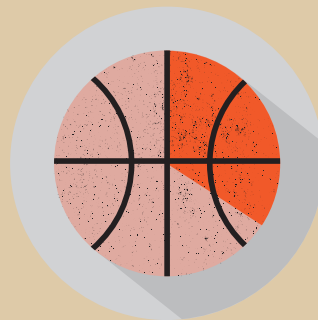
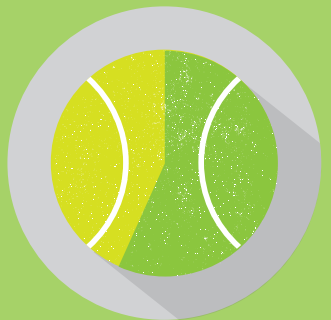


Only 1 in 10 young people move enough



Guidelines for young people recommend one hour of physical activity every day

56% OF GIRLS AGED 15–17 DO **LITTLE OR NO** PHYSICAL EXERCISE



38% OF BOYS AGED 15–17 DO **LITTLE OR NO** PHYSICAL EXERCISE

Regular physical activity can help manage stress, alleviate depression and anxiety, strengthen self-esteem and put a smile on your face



Girls
MAKE YOUR MOVE



Australian Government
Department of Health