





Strength Training

Strengthening exercises should be performed twice per week on non consecutive days covering the main muscle groups of the body

Resistance can be provided by light weights, body weight or elasticised resistance bands

Aim to perform 2 to 3 sets of 8 to 12 repetitions for each exercise. These strengthening exercises should be performed at a 'moderate' intensity (rating of perceived exertion 10 to 13) with slow and steady movements and proper





How you might describe your exertion:

None	Reading a book, watching television
Very, very light	Tying shoes
Very Light	Chores like folding clothes that seem to take little effort
Fairly light	Walking through the grocery store or other activities that require some effort but not enough to speed up your breathing
Somewhat hard	Brisk walking or other activities that require moderate effort and speed your heart rate and breathing but don't make you out of breath
Hard	Bicycling, swimming, or other activities that take vigorous effort and get the heart pounding and make breathing very fast
Very hard	The highest level of activity you can sustain
Very, very hard	A finishing sprint in a race or other burst of activity that you can't maintain for long

Useful resources

<https://www.health.gov.au/resources/publications> <https://www.health.gov.au/resources/publications>

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