

Being physically active



Being active before surgery can help your recovery and reduce the time you spend in hospital. It can improve your:

- heart health,
- muscle strength, and
- general physical fitness.

This could help to prevent complications like:

- wound infections,
- blood clots, and
- lung problems, like pneumonia.

Physical activity can help you manage stress and any feelings of anxiety or low mood. This can improve how you cope before and during your surgery and help your recovery.

All types of physical activity are helpful. Start at a pace that suits you and choose activities that you enjoy.

The **NSW Get Healthy Service** 1300 806 258 for Aboriginal people is a free phone and online health coaching service that can help you to be more physically active.

Speak to your GP if you haven't been physically active for a long time or are unsure how to start.

Resources:

- **Healthy Eating Active Living**
- **Staying Active and Healthy at Home (for older adults)**

Aboriginal specific resources:

- **Bulbuwil Aboriginal Healthy Lifestyle Program** is for Aboriginal people and their families who live in the St George or Sutherland Shire areas.
Call 0409 731 923 or 02 9540 8181