

# Million Moves

Starter guide







Queensland  
Government



We are thrilled that you have pledged your commitment to the Million Moves. This guide has all the information you need to get started.

### What is Million Moves:

AUSactive is on a mission to encourage greater physical activity among Australians, beginning with Western Australia (WA), Queensland (QLD), Wollongong in New South Wales (NSW) and Ballarat in Victoria (VIC).

- From 1 - 21 September we want all the local businesses, community groups, family members, friends and workplaces to complete 75 moves each day for 21 days.
- The goal is to see how many millions of moves we can collectively do!
- This Million Moves Starter Guide includes useful information on how to move, tips and tricks for nutrition and hydration.



Sadly according to the Australian Institute of Health and Wellbeing (ABS 2022b)

**“it is estimated that 75% of adults aged 18–64 do not meet both the physical activity component and the muscle-strengthening component of the Guidelines.”**

## What is a move?

75 moves per day represents the percentage of inactive Australian adults. We want to see this frightening statistic change, starting with a few simple moves each day.

Your 75 daily moves can be whatever your heart desires. Push, pull, squat, hinge, paddle, stroke, jump, pedal, step, crump, wiggle...it's all good!

You can alternate the moves. Mix and match. Make them harder, make them easier. Even share your moves with a partner. All that's required is that you do 75 of them every single day for 21 days.

Now, we have put together our recommendations for how to complete 75 moves per day. The following pages will explain:

> **Minor moves, for the beginners.**

> **Major moves, for the active.**

> **Massive moves, for those wanting a real challenge.**





## Minor Moves

If you are just starting out or are new to movements, here are a few recommended moves that you can use to complete your moves.

### 75 Chair Sit to Stand

- Start seated. Place feet shoulder width apart.
- Tighten your stomach, keep your chest tall and drive through your heels to a standing position.
- Slowly lower yourself back to the seat. That's 1 repetition.

### 75 Wall Pushups / Couch Pushups

- Place your hands shoulder width apart on a wall or the high end of a couch.
- Slowly lower the hard part of your chest to that surface.
- Squeeze your elbows together as you push the surface away back to straight arms.
- The lower the surface is, the harder this will be.

### 750m Walk

- Get outside, put one foot in front of the other and clock up those steps!
- It will take most people 15-20 minutes to walk 750 metres.



## Major Moves

If you know a bit about moving, then here are the moves you should build into your challenge plan. Do them as a combination in a day or just do one of the moves per day, it's your choice. Squats, Lunges or Pushups are classics!

### 75 Bodyweight Squats

- With feet just outside shoulder width apart, bring your hips and ribs together, stick your chest up, figuratively “screw” your feet into the floor.
- Push your hips back, and lower them to knee level.
- Drive through your mid-foot back to a standing position.

### 75 Lunges

- Take a big step forward keeping your chest tall and stomach tight.
- Drop your back knee as low as you can with control.
- Push through your front heel to bring the foot back to a standing position.

### 75 Pushups

- Start in a plank position, with hands under shoulders, stomach tight, and butt squeezed.
- Drop your nose in front of your fingertips to lower your chest as low as possible with control.
- Push through the heels of your hands and squeeze your elbows together as you move back to straight arms.





## Massive Moves

If you're keen to push yourself then this is the list for you. Get outside and go for a run, make the most of the beautiful country we live in with an ocean swim, head to the park and bust out some burpees.

### 7.5km Run

- Find your route, slap on your running shoes and hit the pavement/gravel/beach! To go even further, try a different route every day!

### 750m Swim

- Beach or pool, or both! Change up those strokes to keep the body balanced.

### 75 Burpees

- Place your hands on the ground, then lower your entire body to the ground to make ground contact with your chest and legs.
- With stomach tight, push the ground away, jump/step the feet up to the outside of your hands then jump off the ground. That's one rep.





## Activate

We are lucky enough to have some amazing places on our doorstep that are guaranteed to get you moving. Here are some ideas for how you can complete your 75 moves with your family, friends or community.

### **Bring your community together:**

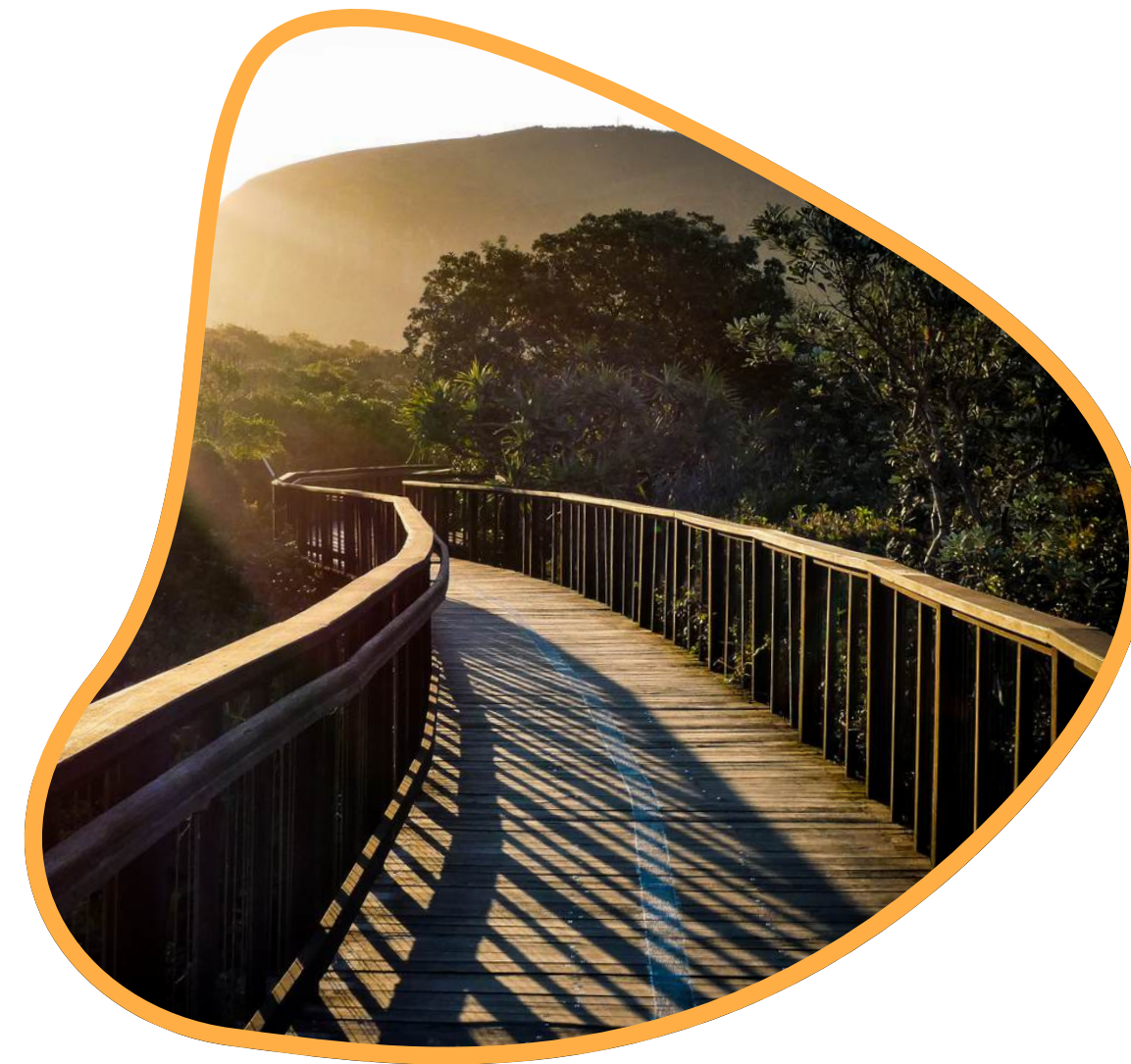
Invite your family, friends or local businesses in your community to a local park or central area and complete a 75 moves work out. Grab some amazing photos and footage and share on your social platforms to inspire your community!

### **Invite your family and friends to do an activity:**

We live in a beautiful place with so much opportunity to get moving. From bush walks, coastal walks, mountain climbs or waterfall treks, the options are endless. Pick your favourite and get your family and friends together to do it as a team.

### **Inspire your local businesses:**

Whether it's your local bakery or hairdressers, reach out and encourage them to get involved by pledging their commitment to move as an individual or a business.



## Recover right

Within our lives there are many forms of stress: work stress, life stress, family stress AND stress on our bodies from our workouts. Each one of these flows into the one big bucket.

If we want our health to improve and bodies to change, we must ensure we are recovering from the good stress, and reducing the bad.  
Here are our 3 big recovery tips:

### Stretch

Our modern day lives leave us bound up and tight. So we recommend stretching, even just a little

- Watching TV at night? Hit the floor and do a pigeon pose.
- Waiting in line? A quick quad stretch.
- Playing with the kids? Sit in the bottom of a squat.

### Walk

Feeling sore? Motion is lotion. Gentle light movements will push the blood around the body, helping those damaged muscles. Bonus points if you do it outside in direct sunlight.

### Sleep

The most impactful thing you can do for your health is sleep better. We recommend waking up at the same time every day, even on weekends. Do this long enough and you'll find consistency in your sleep quality.





## Fuel yourself

Good nutrition doesn't have to be complicated. So to assist you on your Million Moves journey, we encourage you to make some nutritional moves as well.

### Eat Whole Foods

Our body's have evolved to digest whole natural foods. Thus, our bodies will thrive if we consume enough of them. Stick to vegetables, fruit, meats, whole grains, dairy, nuts, seeds and legumes, and FEEL the difference.

### Limit Processed and Packaged Foods

These foods tend to have excess calories and low quality ingredients. Limiting these may help with regulating energy and appetite throughout the day.

### Drink Water

A no brainer, right? But let's take stock for a second. Are you drinking the recommended 2.1-2.6 Litres of water per day? Not tea, not coffee, just straight up H2O? If not, time to grab the old water bottle from the top cupboard, and get sipping.







## Share it!

We would love to see how you and your community have made your moves during the challenge. Grab a pic or a quick video and share it with us. You never know who you might motivate to take action.

Bring your stories to life on social media by taking photos and videos documenting your journey during the 21 day challenge.

Lacking inspiration for what to post? You can access our custom Canva graphics on our website, [www.millionmoves.org.au](http://www.millionmoves.org.au) including social tiles, trackers, posters and more.

Use **#MillionMoves** on Instagram and don't forget to tag us in your posts and stories **@\_million\_moves** so we can re-post and inspire the nation.







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