



# 1 Preparation



Loose comfortable clothing

Comfortable shoes

Cold tap water

# 2 Equipment



Shopping bags



Shopping basket



Trolley



Bottles & cans



Escalator



Stairs

# 3 Activities



Walking



Pushing



Carrying



Climbing



Lifting

## There is no need to print the following page when printing and using this resource

### Health Professional Facilitator Information

You must use your own professional judgement when using this resource

#### Purpose of resource:

To promote physical activity

#### Target group:

This resource is designed to be used by Australians adults & adolescents.

#### Notes:

This resource is designed to be printed A3 size and then laminated.

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