

**Chloe McKenna presents the session Women's Health Queensland Wide:  
Physical Activity Part 2.**

**Chloe McKenna:**

Another thing that's important in terms of physical activity and exercise is to make sure that you listen to your body. That old saying "No Pain, No Gain", no longer applies. We know that you can certainly get cardio-vascular benefits, so benefits for your heart and your lungs, if you work someone between what you'd classify as being fairly light to somewhat hard.

If you're finding that you are in pain, it's probably an indication that something's not right. It's important to make sure that you speak to your health care professional. It's also important to remember when you are exercising, make sure that you have fun. Choose something that you like to do, because then you are more likely to stick to it in the long term.

For more information on exercise and for great exercise resources visit our website at [greatideas.net.au](http://greatideas.net.au)

And also the portion perfection book a visual guide for controlling your weight is available for lend from Women's Health QLD Wide lending library.