

PHYSICAL ACTIVITY FOR OLDER ADULTS (65+ YEARS)

LET'S
GET
MOVING

HOW MUCH PHYSICAL ACTIVITY SHOULD OLDER ADULTS BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance activities on 2 days a week.

6 key benefits of moving more:



Improves quality of life and independence



Builds new friendships



Improves mobility and balance



Increases strength of bones and muscles



Helps prevent falls



Decreases age related cognitive decline

DO WHAT'S RIGHT FOR YOU

3 top tips

1

Moving more

Try to avoid long periods of inactivity, remember - every movement matters

2

Building habits

Build up activity levels gradually, start with what you enjoy

3

Join a local group

From seated exercise to swimming, get active with like-minded individuals

GO! Turn over for activity ideas

EVERY MOVEMENT

MATTERS

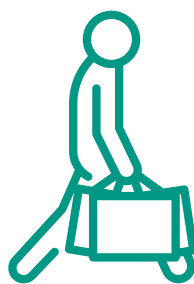
Build physical activity into your daily routine...

START WITH THESE

Join a local activity group



Daily walk



Take the stairs where you can



Carry and unload the shopping bags

BUILD UP TO THESE

Try a swimming or aqua class



Join a local walking group

Use resistance bands



Try a dance class

GREAT FOR HOME

Stretches and seated exercises whilst watching the TV



Walk the dog



Visit the park with grandchildren

Gardening



active-together.org/letsgetmoving

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