Be active
your way, every day!
It's never too late to start!  
Try to build physical activity into your daily routine!

Increase your level of movement and gain benefits from regular physical activity.

For people of all ages physical activity improves the quality of life. You will gain strength, endurance and flexibility by becoming more active — including those in their nineties! Almost immediately, many people notice they feel better and get around more easily.

To improve your health begin with gentle exercise, gradually increasing activities and then you will start to see the benefits.

Start slowly and gradually incorporate more physical activity into your daily routine. The benefits include:

- Maintained and improved flexibility
- Stronger muscles
- Stronger bones
- Improved circulation
- Stamina and energy improves
- Improved and maintained posture
- Reduced anxiety and improved mood
- Better sleep
- Healthy weight maintenance
- Improved self esteem and confidence
- Independence maintained

Why not try a gentle walk, gradually going a little further until you are able to walk briskly for thirty minutes each day?

Getting started is easier than you think enjoying yourself and staying healthy at

Don't forget to wear comfortable foot
Choose a variety of activities

There are three activity groups:

- Flexibility
- Endurance
- Strength & Balance

For the best health benefits ensure that you choose a variety of activities to incorporate these three activity groups.

### Flexibility

- Gentle reaching, bending and stretching which
  - keeps muscles relaxed and joints mobile
  - enables easier movement and more agility
  - independence prolonged

**Activities to choose from:**
- Housework
- Gardening
- Dancing
- Bowling
- Yoga

### Endurance

- Continuous activities that make you feel warm and breathe deeply which
  - Increases energy
  - Improves heart, lungs and circulatory system

**Activities to choose from:**
- Brisk walking
- Swimming
- Dancing
- Cycling

### Strength & Balance

- Lift weights, do resistance activities which
  - Improves balance and posture
  - Keeps muscles and bones strong
  - Prevents bone loss
  - Provides opportunities for fun!

**Activities to choose from:**
- Carrying the shopping
- Standing up and sitting down several times in a row
- Climbing the stairs
- Tai chi or gentle exercise class

Soon you will be the same time!

Wear that will support your feet and ankles together with suitable clothing.
Remember...
before undertaking any physical activity or any exercise programme always seek advice from your doctor.

Special considerations
When starting to be more physically active take into account any special health considerations you may have.

- All exercises should be smooth and controlled; only move joints as far as is comfortable, you should not feel any pain or discomfort during activity.
- Do not exercise while any joints are painful or swollen because of arthritis, start your exercise programme again when the joint is more comfortable.
- Breathe easily; don't hold your breath during exercise as this may raise your blood pressure.

If at any time you are feeling unwell do not undertake physical activity. Stop exercising immediately if you feel dizzy or faint, unusually short of breath or have chest pains. If you are currently inactive you should not rush into exercising always gradually increase your levels of activity.

Try not to overdo it!

Every little bit counts so try to include a variety of activities ...
To find out more contact your:
- Council for a list of their local walks, classes and activities.
- Local sports and leisure centre.
- Own doctor or practice nurse.
- Age UK Advice line: 0800 169 6565
- Fit as a Fiddle line: 0800 169 8787 www.ageuk.org.uk

*Current guidelines suggest you should be moderately physically active for thirty minutes per day, five times per week, which can be built up in ten minute sessions throughout the day. Moderate activity is when you sweat slightly, breathe a little harder but not to the extent you cannot speak or chat to a walking companion. Also try to include flexibility and strength activities twice a week.