Be active your way, every day!
Healthy active living for older adults

Tips and advice to help you keep fit and active
Remember...before undertaking any physical activity or 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 and consult your doctor.
- 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.

**Choose a variety of activities!**

There are three activity groups - **Flexibility, Endurance and Strength & Balance**

A number of activities are suggested here for each activity group - **Tick off those ideas** that appeal to you and that you can incorporate into your daily routine. This is **one step you can take**

**Flexibility...**
- gentle reaching, bending, and stretching which keeps your muscles relaxed and joints mobile
- enables easier movement and more agility
- independence prolonged

**Endurance...**
- continuous activity make you feel war and breathe deeply
- increases your circulation and circulatory system

**Here are some activities to choose from...**
- stretching
- vacuuming
- mopping the floor
- gardening
- dancing
- bowling
- golf
- yoga

**Tick off the ones you do, or would like to do!**

**Here are some ideas to choose from...**
- walking
- swimming
- dancing
- cycling

Current guidelines suggest you should...

**Moderate activity is when you sweat slightly,**
Be active

It’s never too late to start

Increase your level of activity.

For people of all ages physical activity improves their health, including those in their nineties! Almost everyone can participate at a level that suit their group.

If you might like to build your levels of activity, there are ways to increase the level of activity in your life.

Strength & Balance...

Don’t overlook the activities that can help you maintain your energy levels, keep your heart, lungs, and muscles healthy.

You can do these activities in...

You do not need to do them all, but you could do any combination of these activities that you like.

Here are some activities to choose from...

Tick off the ones that you could build into your daily routine!

- lifting weights such as soup tins
- carrying the shopping
- standing up and sitting down several times in a row
- climbing the stairs

You would be moderately physically active for thirty minutes per day. This means you breathe a little harder but not to the extent you cannot speak. This is the best way to increase your health and fitness.
Try to build physical activity into your life. Physical activity can improve the quality of life in many ways. You will gain strength, endurance and increased mobility. Immediately, many people notice they feel better and get more energy. Try to improve your health and you will start to see benefits.

Use the calendar on this guide to plan your week:

- be physically active every day
- start where you can and gradually build up

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Gardening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Walking - 10 mins</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
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<td>Wednesday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>

Every little bit counts.

Add it up! Include a variety of activities in your plan. Start with small steps, such as walking for one day, five times per week, which can be built up in ten minutes, and try to do this for five out of seven days. You can also walk to break or chat to a walking companion. Also try to include fitness and strength training.
Every day!

Try into your daily routine!

Regular physical activity

Endurance, and flexibility by becoming more active around more easily. Physical activity does within 4-12 weeks.

Next steps - I will try to...

- move around frequently during the day
- stretch every day
- carry my shopping
- walk for at least 10 minutes every day
- use the stairs instead of the lift
- walk instead of drive every chance I get
- dance to my favourite music
- get off the bus one stop earlier and walk
- find a friend to be active with
- check out activity programmes at my leisure centre
- join a local exercise class
- do at least one activity from each of the three activity groups every day

Add your own activities:

- 
- 

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Spent</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running 10 mins</td>
<td>Dancing - 10 mins</td>
<td>30 mins</td>
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Total time spent on activity for the week
(5 days x 30 mins = 150 mins)

Plan your daily routine to reach your goals

Shorter sessions throughout the day.
Endurance and strength activities twice a week.
Be active your way, every day...

- at home
- with family and friends
- going about your daily routines
- in the community
- going to the shops

...that’s active healthy living!

Keeping active and taking more exercise can be fun! It is an essential way of maintaining a healthy way of life, keeping fit, improving suppleness, strengthening bones and also benefits your heart and lungs.

Start gently and gradually build more physical activity into your daily routine. Always talk to your doctor before taking up any exercise.

Benefits from being more active...

- Flexibility and suppleness improves
- Bones become stronger
- Muscles strengthen
- Heart and lungs stay healthier
- Stamina and energy improves
- Posture and shape maintained
- Stress and tension relieved
- Sleep better
- Weight maintained
- Self-esteem and confidence improves
- Independence will be prolonged
It's never too late to start!
The more you move, the better you will feel...

Why not try walking gently, gradually going a little further until you are able to walk briskly for thirty minutes each day. Don’t overdo it, always walk so your breathing is heavier than normal but you are still able to talk.

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 and chest pains.** If you are currently inactive you should not rush into activity always gradually increase your levels of activity.

Becoming more active has lots of advantages. You will feel fitter, enjoy more freedom, and gives you the opportunity to meet family, friends and new people. At the same time you will be getting out and about and having fun!

There are many different ways of keeping on the move. Try something new or even try two or three activities...

- swimming
- cycling
- golf or bowling
- dancing
- gardening
- brisk walking

To obtain greater health benefits, try to do one of these physical activities for at least ten minutes at a time, gradually increasing to three ten minute sessions, totalling thirty minutes throughout the day...

- begin with an exercise you can do comfortably
- progress to moderate activities as your endurance builds
- wear comfortable footwear that will support your feet and ankles
- wear suitable clothing

Getting started is easier than you think and soon you will be enjoying yourself and staying healthy at the same time.

*If you would like more advice then consult your doctor*