



# Tips to Get Active

## > Physical Activity Tips for Older Adults (65 years and older)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1

Take part in at least **2.5 hrs of moderate- to vigorous-intensity aerobic activity each week.**

2

Spread out the activities into sessions of **10 minutes** or more.

3

It is beneficial to **add muscle and bone strengthening activities** using major muscle groups **at least twice a week.** This will help your posture and balance.

### Tips to help you get active

- ✓ Find an activity you like such as swimming or cycling.
- ✓ **Minutes count** — increase your activity level 10 minutes at a time. Every little bit helps.
- ✓ **Active time can be social time** — look for group activities or classes in your community, or get your family or friends to be active with you.
- ✓ Walk wherever and whenever you can.
- ✓ Take the stairs instead of the elevator, when possible.
- ✓ Carry your groceries home.



- Start slowly
- Listen to your body
- Every step counts





# Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

## The Health Benefits of Being Active

- > **IMPROVE YOUR BALANCE**
- > **REDUCE FALLS AND INJURIES**
- > **HELP YOU STAY INDEPENDENT LONGER**
- > **HELP PREVENT HEART DISEASE, STROKE, OSTEOPOROSIS, TYPE 2 DIABETES, SOME CANCERS AND PREMATURE DEATH**

Aerobic activity, like **PUSHING A LAWN MOWER, TAKING A DANCE CLASS, OR BIKING TO THE STORE**, is continuous movement that makes you feel warm and breathe deeply.

Strengthening activity, like **LIFTING WEIGHTS OR YOGA**, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

### What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- > Examples of moderate activity include walking quickly or bike riding.

### What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- > Examples of vigorous activity include jogging or cross-country skiing.

### What are strengthening activities?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push against your bones. This helps make your bones strong.

- > Examples of muscle-strengthening activities include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.
- > Examples of bone-strengthening activities include yoga, walking and running.

[www.publichealth.gc.ca/paguide](http://www.publichealth.gc.ca/paguide)

### **Every step counts!**

*If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommendations.*

### **More physical activity provides greater health benefits!**

*That means the more you do, the better you'll feel. Get active and see what you can accomplish! Move more!*

### **Is physical activity safe for everyone?**

*The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.*

Canadian Physical Activity Guidelines were developed by the Canadian Society for Exercise Physiology and are available at: [www.csep.ca/guidelines](http://www.csep.ca/guidelines)