

# Keep Able

## Sit less, move more to stay healthy when you are over 65

A mix of activities on a regular basis can have great benefits for your health in later life

Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.

**Moderate intensity aerobic activity**  
Anything that gets your heart beating faster and your breathing heavier. Undertake this level of activity for

at least  
**150**  
minutes  
a week

OR

**Vigorous intensity aerobic activity**

For extra health benefits, increasing activity with exercises such as swimming, light jogging, tennis, or anything which will give you a sustained heart rate increase for

at least  
**75**  
minutes  
a week

AND

**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual such as lifting weights, working with resistance bands, body weight resistance exercises (push ups, sit ups) heavy gardening etc. and try to do this

at least  
**2**  
days  
a week

ADD

**Flexibility, stretching & balance activity**

Try to do some form of stretching every day. Research indicates that stretching improves flexibility, promotes balance, and has the power to reduce pain or stress. Additionally, stretches that focus on posture and mobility can support daily activities and limit your risk of falling or injury. If you can,

try to do  
**7**  
days  
a week

If you're 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow the recommendations listed above. When starting a new physical activity, you should start at a level that is easily manageable and gradually build up to the recommended amount, type and frequency of activity. If in any doubt, consult your doctor before undertaking any new physical exercise and seek advice from a physiotherapist.

Check out more information at: [keepable.com.au](http://keepable.com.au)

Funded by the Australian Government Department of Health, Commonwealth Home Support Program (CHSP) through Indigo Australasia Inc.

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