

Keep Able

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

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.

at least
150
minutes
a week



OR

at least
75
minutes
a week



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.

at least
2
days
a week



See over on what to add to your exercise choices

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

If you're 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow the recommendations listed on this handout.

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.

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

Other exercises to consider

- Water aerobics
- Yoga/Chair Yoga
- Resistance band workouts
- Pilates
- Tai Chi



Support activity levels with the right diet

Diet as well as exercise can have a major impact on your energy, mood, and fitness. Many older adults don't get sufficient high-quality protein in their diets, despite evidence suggesting they need more than younger people to maintain energy levels and lean muscle mass, promote recovery from illness and injury, and support overall health.

try to do
7
days
a week

More benefits of regular exercise

- Increased energy levels
- Improves brain function
- Contributes toward better immunity
- Maintain or lose weight (if overweight)
- A positive mood booster
- Increase in self-confidence

 Chickpeas 26	 Broccoli sprouts 38	 Spinach 57	 White fish (e.g. flounder, sole, tilapia, snapper) 82
 Cheddar 24	 Lamb chops 36	 Extra-firm tofu 48	 Top sirloin steak 69
 Salami 22	 Eggs 34	 Lentils 42	 Chicken breast with skin 63
		 Plain nonfat (0%) Greek yogurt or Skyr 77	