

Healthy Living

Exercise guide for the over 65's

- ❖ Older adults who take part in any amount of physical activity or exercise can find themselves with greater health benefits such as the maintenance of their physical and cognitive function. Remember – the more physical activity you can do, the greater the health benefits will be but even doing some physical activity is better than doing nothing.
- ❖ Older adults should aim to be active daily. Over the week, you should be doing at least 2½ hours of moderate exercise or activity. This should be done in sessions of 10 minutes or more. The easiest way to do this is to do 30 minutes a day for 5 days of the week.
- ❖ For those who are already regularly active, you may benefit from doing 75 minutes of vigorous activity or exercise spread across the week. Alternatively, a combination of moderates and vigorous activity or exercise is also beneficial.
- ❖ Older adults should also undertake physical activity or exercise to improve their muscle strength at least twice a week.
- ❖ Any older adult who is at risk of having a fall should try to do activities or exercises that help improve their balance and coordination at least twice a week.
- ❖ Older adults should try and minimise the amount of time spent sitting for extended periods.

Understanding the guidelines – what does it all mean?

What is moderate activity or exercise?

- ❖ This type of activity will cause your heart to beat faster, your body to get warmer and breathing to get harder but means you should still be able to easily converse.
- ❖ Examples of this are brisk walking and ballroom dancing.

What is vigorous exercise or activity?

- ❖ This type of activity will cause your heart to beat rapidly, your body to get warmer and breathing to get

much harder, meaning it should be more difficult to carry on a conversation.

- ❖ Examples of this are climbing stairs and running.

What activities can I do to strengthen my muscles?

- ❖ This type of activity or exercise involves using body weight or working against a resistance. This activity should work all major muscle groups.
- ❖ Examples of this are carrying heavy load such as your shopping from the supermarket, any activity that involves stepping and jumping e.g. dancing or chair aerobics.

What type of activities can I do to improve my balance and coordination?

- ❖ Yoga
- ❖ Tai chi

What can I do to minimise the time I spend sitting down?

- ❖ Reduce or limit the time you spend watching TV
- ❖ Take regular walks around your garden or street
- ❖ Break up a long bus or car journey by walking some of the way, wherever possible.