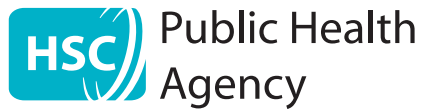


Ideas on being more active:

- Find out what group activities happen in your local leisure centres, churches or community centres.
- Join a local Walking for Health group. They cater for walkers of all abilities.
- Try online fitness tools and programmes you can do at home.
- Take a walk with friends, rather than sitting with them for a chat.
- Do some strengthening activities, such as standing up from a chair without using your arms.
- Try dancing or tai chi to help your strength and balance.
- Move around the house. Cleaning and gardening counts as physical activity. You could use the time waiting for the kettle to boil to walk up and down the stairs, do some lunges or work on your balance by standing on one leg.

For further information go to
www.choosetolivebetter.com/getting-active



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Find us on:



Ageing well by being active every day

From the age of 50, we naturally lose muscle, bone density and balance, but being active can reverse this.

The Chief Medical Officers in the UK advise that physical activity is important for all older adults.

Keeping active helps you to:

- have a healthy heart;
- lower the risk of future health conditions, such as type 2 diabetes, stroke and some cancers;
- age well and enjoy life;
- stay independent;
- reduce falls;
- feel happier and keep your brain sharp;
- keep up with children and young people you know;
- meet people and share the company of others.

The health benefits of physical activity outweigh the risks. However, contact your doctor if you are worried about increasing your physical activity levels.

So what could you do?

Most older adults do not do enough physical activity. Here are some tips to help you increase the amount of physical activity you do.

- Break up the amount of time you spend sitting.
- Build up your physical activity gradually.
- Add activities that will help you stay strong and steady, such as carrying shopping bags.
- Move more often every day.
- Make your activity a habit.
- Try something, as it is better than doing nothing.



How much activity is enough?

The Chief Medical Officers say “be active for 2½ hours each week and do activities to improve muscle strength at least twice a week.” A little activity every day can make a big difference.

Remember:

- Routine activities like carrying the washing or shopping can help improve muscle strength.
- Regular walking can improve your health.
- Go at your own pace.
- Listen to your body.
- If you find it hard to fit in physical activity, the little and often approach might work for you. Every movement counts.

One size does not fit all. Find activities that fit your abilities and interests.