

MOVEMENT FOR LIFE

Use it or lose it!



What types of activities should I do?



Be active

Anything that makes you huff & puff a little.



Muscle Strengthening

Activities that make your muscles work harder than usual at least 2 days per week.



Balance activities

Add in some balance activities to support daily tasks, prevent falls and stay steady on your feet.



Break up time spent being still

Add some movement breaks.



Every Move Counts!

Try a range of activities from each activity type like dancing, chi me, strength & balance to help your body stay strong and lower your risk of falls.