

MOVEMENT FOR LIFE

Use it or lose it!



There are 4 types of activities you can do to support you to stay healthy & independent as you get older.



Aerobic activity



Muscle strengthening



Balance Activities



Limit time spent being still



Aerobic activity will make you huff & puff

Try:

- ✓ Walking to the shops
- ✓ Gardening
- ✓ Swimming
- ✓ Dancing



Remember the Talk Test:

- ✓ Your heart will beat faster
- ✓ Your breathing will increase
- ✓ You can still hold a conversation without gasping for breath

This is Moderate intensity physical activity which is recommended for good health and wellbeing.



Find an activity you enjoy. Build up slowly and gradually to 150 minutes of physical activity per week.



Build Your Muscle Strength

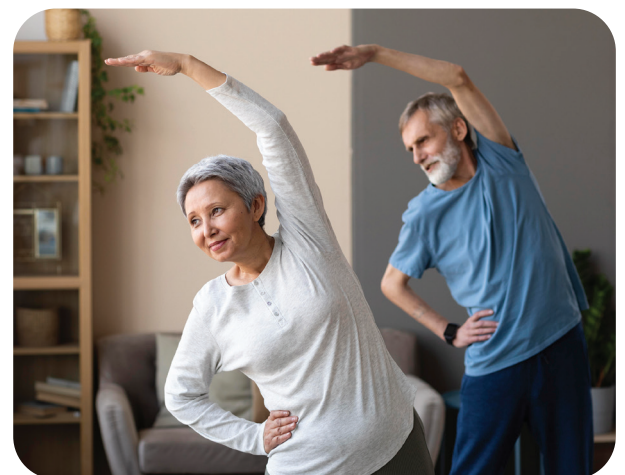
Strengthening muscles can make daily tasks easier such as standing up from a chair, dressing and opening a jar. It doesn't have to be about going to the gym, you can use your own body weight.

Try:

- ✓ Gardening, raking or digging
- ✓ Pilates/Yoga
- ✓ Stair climbing
- ✓ Strength & balance exercises



Aim to strengthen your muscles twice per week.



Work on your balance

Balance activities can prevent falls & help you stay steady on your feet.

Try:

- ✓ Sit to stand
- ✓ Chi Me or Yoga
- ✓ Walking heel to toe

If you feel unsteady at first, don't worry hold onto a chair or wall for support until you feel more comfortable.

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Limit time spent being still

Being still for long periods can affect your health resulting in stiffness, mobility issues and increased risk of diseases such as diabetes, cancers and cardiovascular disease.

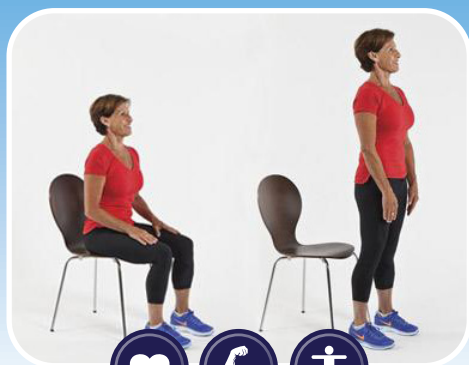
Try:

- ✓ Adding movement snacks to your day
- ✓ Move during advert breaks or while talking on the phone
- ✓ Active travel rather driving or taking the bus

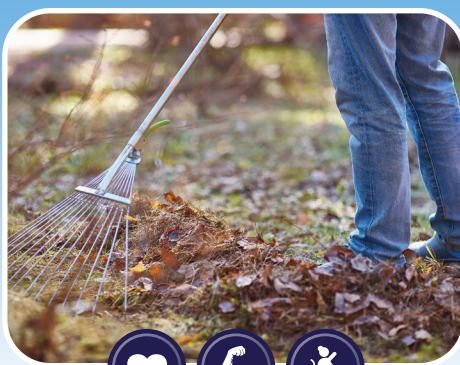


Try to participate in a range of activities

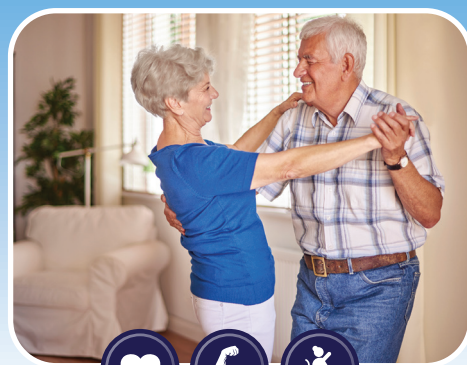
Try a mix of activities to improve your aerobic activity, strengthening muscles, balance and limit time spent being still to build a strong body and mind. Find an activity that works for you.



 Sit to stand exercise



 Gardening (Raking & digging)



 Dancing

What's your move?

Every Move Counts!



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