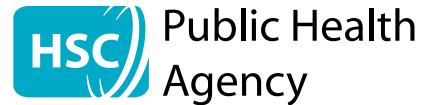


Ideas on being more active:

- 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.
- Play movement games with children you know – children can always come up with great ideas.
- Take a walk with friends rather than sitting with them for a chat.
- Do some strength exercises, eg standing up from a chair without using your arms.
- Try dancing or T'ai Chi to help your strength and balance.
- Move around the house, eg every time you make a cup of tea, walk up the stairs while the kettle boils or the tea brews.

For further information go to
www.choosetolivebetter.com



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:



Ageing well by being active every day



So what could you do?

Most older adults do not do enough physical activity, but you could:

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



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

Keeping active helps you to:

- Age well and enjoy life.
- Stay independent.
- Have a healthy heart.
- Reduce falls.
- Keep up with children you know.
- Meet people and share the company of others.
- Feel happier and keep your brain sharp.
- Age better.

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



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 (a ‘daily dose’) 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.
- Little and often, preferably in short bouts of at least 10 minutes. All the little bouts of activity add up.