

Ideas on being more active:

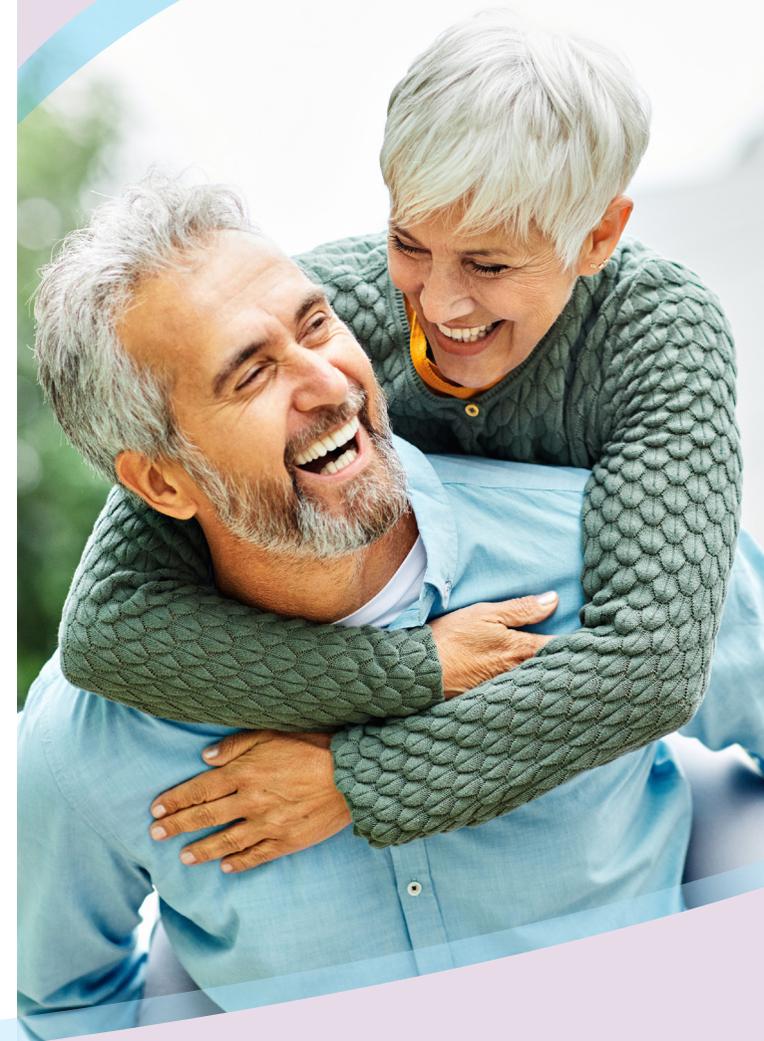
- Find out what group activities happen in your local leisure centres, churches or community centres.
- Join a local Walking for Health group. They cater for walkers of all abilities.
- Try online fitness tools and programmes you can do at home.
- Take a walk with friends, rather than sitting with them for a chat.
- Do some strength exercises, 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 exercise. Why not 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



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

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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, such as 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 and young people you know.
- Meet people and share the company of others.
- Feel happier and keep your brain sharp.
- Lower the risk of future health conditions, such as type 2 diabetes, stroke and some cancers.

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, every movement counts.