

Canadian Physical Activity Guidelines For Older Adults—65 Years & Older



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



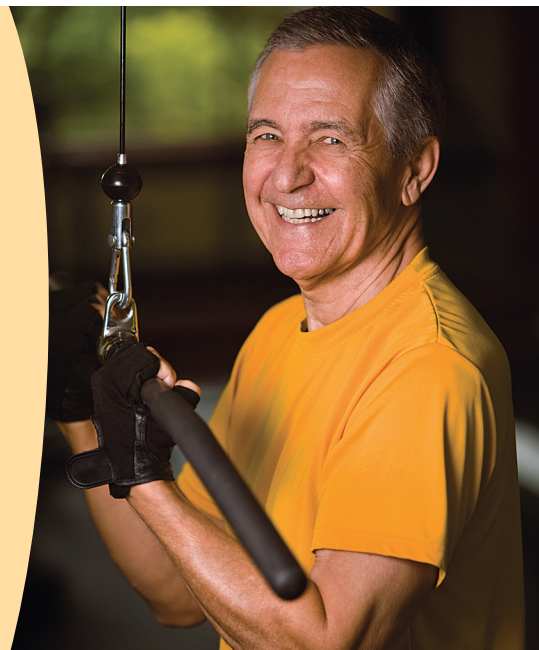
It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.



Let's talk intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

Brisk walking Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath.' Activities like:

Cross-country skiing Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

Chronic disease (such as high blood pressure and heart disease)

Premature death

And also help to:

Maintain bone health

Maintain functional independence

Improve fitness

Maintain mental health & feel better

Maintain mobility

Improve or maintain body weight

Pick a time. Pick a place. Make a plan and move more!

Go for a brisk walk around the block after lunch

Join a community urban poling or mall walking group

Take a dance class in the afternoon

Train for and participate in a run or walk for charity

Take up a favourite sport again

**Be active with the family!
Plan to have "active reunions"**

Go for a nature hike on the weekend

Take the dog for a walk after dinner

Now is the time to be active and participate. Embrace life.



www.csep.ca



www.alcoa.ca
www.silvertimes.ca

Based on the guidelines from the Canadian Society for Exercise Physiology.

Production of this promotional material has been made possible through funding from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the view of the Public Health Agency of Canada.