




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 functional independence	Improve or maintain body weight
Maintain mobility	Improve fitness
Maintain mental health and feel better	Maintain bone health



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.