

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

Take a dance class in the afternoon

Take up a favourite sport again

Go for a nature hike on the weekend

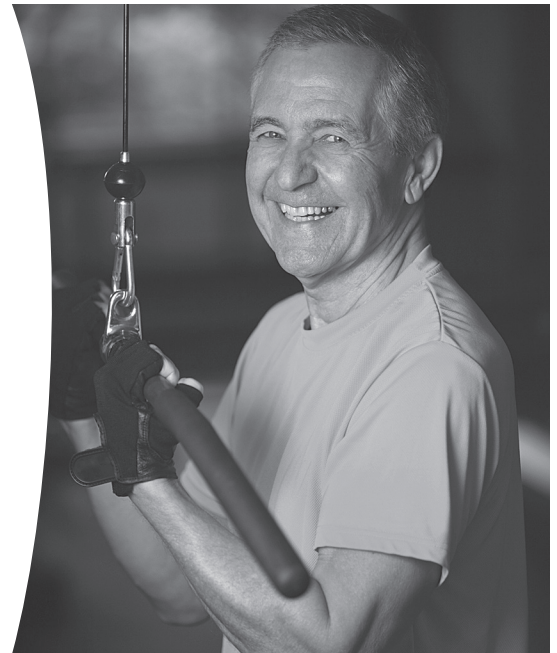
Join a community urban poling or mall walking group

Train for and participate in a run or walk for charity

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

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

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

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