

CANADA'S

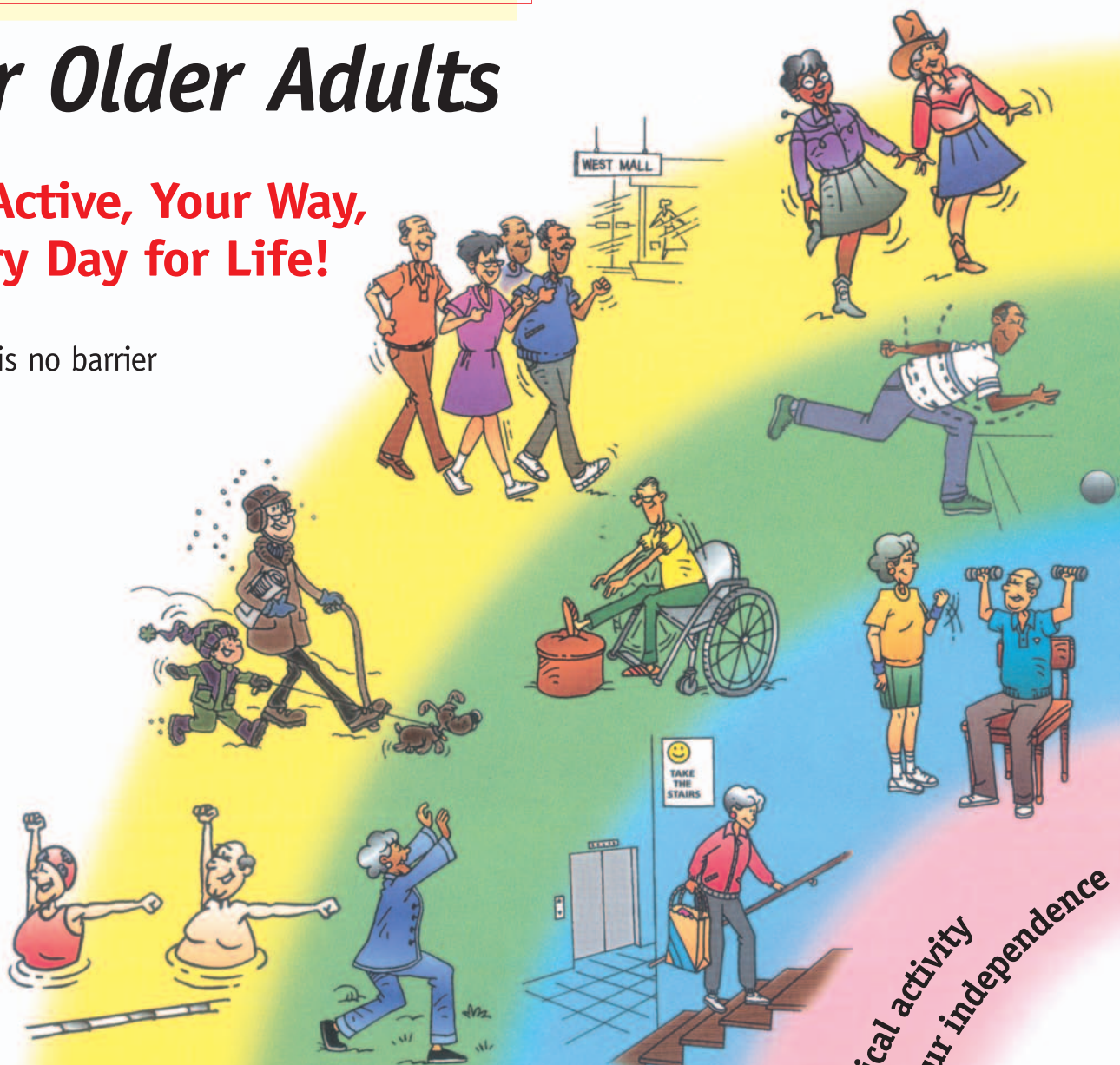
Physical Activity Guide

to Healthy Active Living

for Older Adults

Be Active, Your Way, Every Day for Life!

- Age is no barrier



**Increase
Endurance
Activities**
4-7 days
a week

**Increase
Flexibility
Activities**
Daily

**Increase
Strength &
Balance
Activities**
2-4 days
a week

*Physical activity
prolongs your independence*



Public Health
Agency of Canada

Agence de santé
publique du Canada



Canadian Society for
Exercise Physiology

Being active is very safe for most people

Start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult with a health-care professional.

Choose a variety of activities from each of these three groups:

Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

Flexibility

- Gentle reaching, bending, and stretching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong
- Prevent bone loss

Getting started is easier than you think

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk wherever and whenever you can.
- Start slowly with easy stretching.
- Move around frequently.
- Take the stairs instead of the elevator.
- Carry home the groceries.
- Find activities that you enjoy.
- Try out a class in your community.

For a free copy of the companion *Handbook* and more information: 1-888-334-9769, or *Web site*: www.pguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.



Benefits increase as physical activity increases

Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun

Benefits from regular physical activity:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress

Scientists have proved that

Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death

CANADA'S



Physical Activity Guide

Move Better, Feel Better

You can do it - Getting started is easier

to Healthy Active Living

for Older Adults

Sunday

Monday

Tuesday

Wednesday



er, Be Better

r than you think. Keep track of your activities. Record your progress.

Thursday



Friday



Saturday

