

Tips for seniors fact sheet

Seniors need at least 30 minutes of moderate-intensity activity a day. No matter what your age, weight or health problems, some activity is better than none at all. Choose activities suitable for your physical ability.

Remember: think of movement as an opportunity, not an inconvenience.

Try a combination of some of these activities (for at least ten minutes continuously):

- Take the first flight of stairs instead of the lift all the way.
- Do some gentle stretches while watching the telly.
- Walk to the shop instead of driving.
- Enjoy the garden - regular pruning and weeding is good for you and the roses!
- Make house-cleaning an activity.
- Shop for food at the markets (you'll walk and carry more than at the supermarket).
- Team up with a friend so you have an exercise buddy to keep each other motivated.
- Take up dancing.
- Join a local club (like bowls or a walking group) with a friend or go solo and make new friends.
- Try lower weight-bearing activities such as walking, swimming or Tai Chi in the park.
- Check the notice board at your local library or community centre to see what activities are available and easy to access.
- Buy a pedometer and record the lengths of your walks around the neighbourhood, at the park or at the beach. Some libraries are now loaning out pedometers like they do books - ask to see if your local library has such a scheme.
- Spend time playing outdoors with the grandchildren.

Arthritis or orthopaedic conditions?

You can still get active, just make sure you wear the right shoes!