Don’t forget

Hydration is especially important when being active!

- Remember to keep hydrated by drinking 8 glasses a day of water or non-alcoholic beverages.

Keep active

- Doing household chores every day.
- Not sitting for long periods – get up and move every hour e.g. get a glass of water.
- Join social and/or sporting activities e.g. local clubs, community centres, sports or church groups. Local councils are another good place to find activities.

Social engagement and belonging

- People with strong social relationships enjoy a better quality of life and often live longer.
- Join a club, take a class or volunteer in your community to stay socially active.
- Loneliness and social isolation can speed up ageing and may lead to heart disease, depression, dementia and frailty. If you are feeling lonely or isolated – reach out, talk to your healthcare provider, and use local resources.

Support for you

If you need help ask for a referral for a tailored exercise plan by:

Accredited Exercise Physiologist

SCAN ME

Accredited Physiotherapist

SCAN ME

Artwork sources:
Bigi Nagala and Mardijbalina Art

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Why are healthy muscles important?

- Being active is one of the best ways to stay mobile, strong and healthy into old age.
- Choose a variety of physical activities that you enjoy.
- Challenge your balance and get your heart beating a little faster each day.
- Performing regular strengthening exercises is most important for maintaining independence. Keep your muscles strong with resistance exercises at least twice a week.
- Eating protein rich foods helps maintain muscle strength.
- It's never too late to start.

Being active each day will keep your heart healthy and body functioning well.

What exercises can you do around the house?

Resistance Training

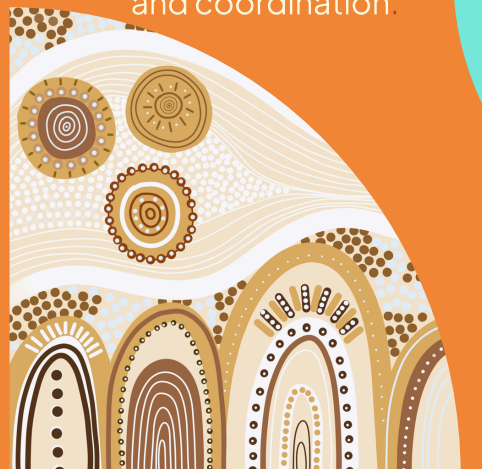
Most important to build and strengthen muscles and bones and reduce risk of injury.

1. Use the side of a table and push yourself up on your toes and gently lowering whilst waiting for dinner to cook.
2. Get a resistance band from your physio or the chemist and pull the band apart with your arms straight out.

Balancing exercises

To improve balance and reduce risk of falling.

1. Practise standing on one leg; leaning forwards and backwards; 'heel to toe' exercises e.g. while watching TV; or waiting for the kettle to boil.
2. Tai chi, yoga, Pilates, dancing and bowls help improve balance.

Physical activity in practice

- Aim for at least 30 minutes of moderate intensity physical activity on most or preferably all days of the week.
- If you find 30 minutes difficult, start with just 10 minutes once or twice a day
- A variety of exercises can be performed at the gym, in the home or whilst doing everyday chores e.g. digging in the garden; carrying shopping or heavy items; vacuuming; climbing stairs.
- Perform exercises which build strength in your legs, arms, abdomen and back which also helps to improve balance and coordination.