

MAKE YOUR MOVE



Practical tips to support older adults to move more:

Build up to 150 minutes of activity a week!

Every Movement Helps



Where Do I Start?

Consider attending a local seated exercise class – when confident, you can then do some of the exercises in the comfort of your own home.



Move More, Sit Less

Avoid sitting for long periods of time – get up and move around.



Go Slowly

Something is better than nothing! Start with a 10-minute walk and build up gradually.



Strength and Balance!

Include strength and balance exercises on two days per week – it's important to incorporate for stability and bone strength as we get older.

Want to Get More Active?



Try Something New!

Mix up the activities you already do and enjoy – try something new in your weekly routine and to keep you motivated.

You're not alone!

There are local physical activity sessions specifically designed for those wanting to move more with friends and family or meet new people.

There's Activity Everywhere!

At your local village hall, leisure centre and online. local health professional, friends and local council will be able to advise of activities you may enjoy.





Aim for 150 minutes per week at a level that increases your breathing and heart rate. Don't forget to include strength and balance activities two times a week!

Start with these...



Start with a short walk around the house or garden

Do some gentle seated stretches

Walk up and down your stairs



Carrying and unloading the shopping bags



Walk around the house when speaking on the phone

Then these...



Taking a longer walk with a friend

Playing with grandchildren

Walk the dog



Wash the car

Get out in the garden

Build up to these...

Take part in local sports



Try swimming or an aqua class

Take part in an exercise class with friends



Go for a bike ride

Take Steps to Move More

Focus on these three things...

3 Sitting less. Moving more.
150 mins per week!

2 Don't forget these two...
Strength and balance on two days!

1 The one main aim...
Be active... however you like!

GO!



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