

# SAFETY

While **being physically active is overwhelmingly safe** for most people, there are risks. Injury does occur, and in very rare circumstances medical conditions can be exacerbated.

It is recommended you **seek further advice if any of the below are relevant** to you:

- Have **high blood pressure or a heart condition**.
- Experience **chest pain** at rest or during activity.
- **Lose balance due to dizziness, or lost consciousness** in the last year.
- Other **chronic medical conditions, or medication** for a chronic condition
- Current bone, joint, or soft tissue problem that **worsens with activity**

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# ACTIVE RESILIENCE

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For additional articles, exercise videos, resources and activity programs, visit **activeresilience.org**

# BUILD A HABIT OF PHYSICAL ACTIVITY

FOR ADULTS AGED 65+



**ACTIVERESILIENCE.ORG**

# BENEFITS

**Most adults would benefit** from increasing their levels of physical activity.

People who are regularly active live **longer and happier** lives by:

**Improving sleep**

**Reducing cancer risk**

**Increasing physical capacities**

**Reducing blood pressure**

**Building stronger muscles and bones**

**Improving brain function**

**Reducing excess bodyweight**

**Increasing independence**

**Controlling blood sugar levels**

**Improving mental health**

# CARDIOVASCULAR

If you're not currently regularly active, **simply getting started has positive health benefits.**

If you can, **each week** aim to complete:

**150-300 minutes of moderate cardiovascular activity OR**

**75-150 minutes of vigorous cardiovascular activity OR**

**An equivalent combination of moderate and vigorous cardiovascular activity**

## MODERATE

- Walking 2-6km/h
- Moderate Cycling
- Gardening
- Pickleball
- Golf
- Treading Water

## VIGOROUS

- Running >6km/h
- Vigorous Cycling
- Pack Hiking
- Lap Swimming
- Snow Skiing
- Squash

# STRENGTH + BALANCE

Also, aim to **complete muscle strengthening and balance activities at least three times a week.**

Strengthening activity should be completed at a **moderate intensity or higher.**

An example beginner workout is outlined below.

SIT TO STAND



BRIDGE



WALL PUSHUP



MARCH ON THE SPOT



Complete **3 sets of 8-16 repetitions** of each exercise.