BUILD A HABIT OF PHYSICAL ACTIVITY

FOR ADULTS AGED 65+

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, and improving mental health.

HOW MUCH

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 AND

- **Muscle strengthening and balance activity** on at least three days

CARDIOVASCULAR ACTIVITY

There are **many activities** that count towards meeting your cardiovascular activity goals.

Some common activities, and their intensity classifications, are listed below:

MODERATE:
Walking 2-6km/h, moderate cycling, gardening, playing pickleball, and playing golf.

VIGOROUS:
Running > 6 km/h, vigorous cycling, lap swimming, squash, and pack hiking.

STRENGTH ACTIVITY

Strengthening activities should be completed at a moderate or higher intensity, and involve all major muscle groups. While there are many ways to achieve this, a beginner workout is shown below. Complete **3 sets of 8-16 repetitions** of each exercise.

SIT TO STAND

WALL PUSHUP

BRIDGE

BENT KNEE LEG RAISE

BALANCE ACTIVITY

Prioritise safety when completing balance activities. Two beginner balance exercises are shown to the right. Complete **static balance** exercises for 3 sets of 10-60 seconds, and **dynamic balance** exercises for 3 sets of 8-16 repetitions.

FEET APART STANDING

MARCH ON THE SPOT

ACTIVITY PLANNER

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

MON

TUE

WED

THU

FRI

SAT

SUN