

How active should you try to be?

The Chief Medical Officer recommends that older adults – even those with disabilities - do 150 minutes of activity & two strength-building exercises per week which get us a little out of breath.

That's about 20 minutes a day. But anything is good – & more is better

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Reduces your chance of

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Swim, Brisk walk, Cycle, Gym, Carry heavy bags, Yoga, Bowls, Tai Chi, Dance, Stairs, Sport

UK Chief Medical Officers' Physical Activity Guidelines 2019

Help from the NHS Google/scan



Take the free How Are You quiz



Tips & apps to lose weight, get active & feel good



Get mental health tips & a personalised Mind Plan

Other ideas:

There's lots of help available. Google, or ask someone to search the following:

“**Ramblers wellbeing walks**” for free group walks, whatever your ability

“**YouTube 10 Today**” – standing & seated exercises routines with instructor Terry, 60+ from Surrey

“**We are undefeatable**” – moving more with a health condition or disability

“**Stronger my way**” – physiotherapists share everyday strength building tips

“**Move it or lose it**” & “**Paracise**” – accessible classes to help you maintain fitness

Let's get moving

Info & activity ideas for the over 60's



Take time to get out & reconnect

AS ACTIVE SURREY

Getting moving for health & happiness:

Compared to two or three years ago:

- Have your energy levels dropped?
- Do you feel more tired?
- Do everyday tasks seem harder?
- Have you seen people less?

If you answered mostly 'yes', you are not alone.

Getting a little more active will lift your mood, boost your balance, improve your sleep & help you maintain your independence.

Sit less. At home, break up your sitting. Stand up whenever ads are on the TV.

Go for a walk – if you can, aim for up to 30 mins a day, or potter around the house or garden.

Check out the simple home exercises at bit.ly/AgeWellSurrey or scan.



Taking the first steps:

Start small & build up – don't try & do too much too soon

Build up gradually & aim to be active for 20-30 minutes a day

Choose an activity that you enjoy!

Ask a friend, neighbour or family member to do it with you

Try setting yourself a daily goal & record what you achieved

Stay hydrated & eat a well balanced diet (Google 'One You Surrey' for tips)



A peer reviewed study from the British Journal of Sports Medicine, shows that the benefits of taking part in physical activity clearly outweigh the risks – even for those with long-term health conditions.

Ideas to get you started

Walking Free, easy & available from your front door! Check out the '**Active 10**' app from the **NHS** to help your motivation.

On your bike. Most of us people can safely cycle into our late 60's & beyond. If you can afford one, an electric bike can revolutionise local trips.

Everyday activities. Always use the stairs, do some gardening, walk to the shops or when meeting friends.

Dancing. A sociable way to get fit & keep your mind sharp. Find a local group.

Bowls. This gentle sport will get you up, walking & bending. Clubs welcome beginners.

Swimming. A fantastic exercise which can suit people with joint / mobility problems. Many pools have cheaper or free 'senior' rates.

Walking football & netball. If you aspired to be George Best or Jean Hornsby, return to the sport you loved.

Hop online. There are lots of free videos for at-home exercises if you have internet access. See the back page for some ideas.