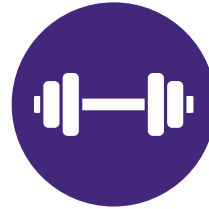


AGEING WELL AND PHYSICAL ACTIVITY



This can also be achieved by
75 minutes of vigorous
activity across the week or a
mixture of moderate and vigorous.

All adults should undertake
muscle strengthening
activity such as:



**Exercising
with
weights**



Yoga



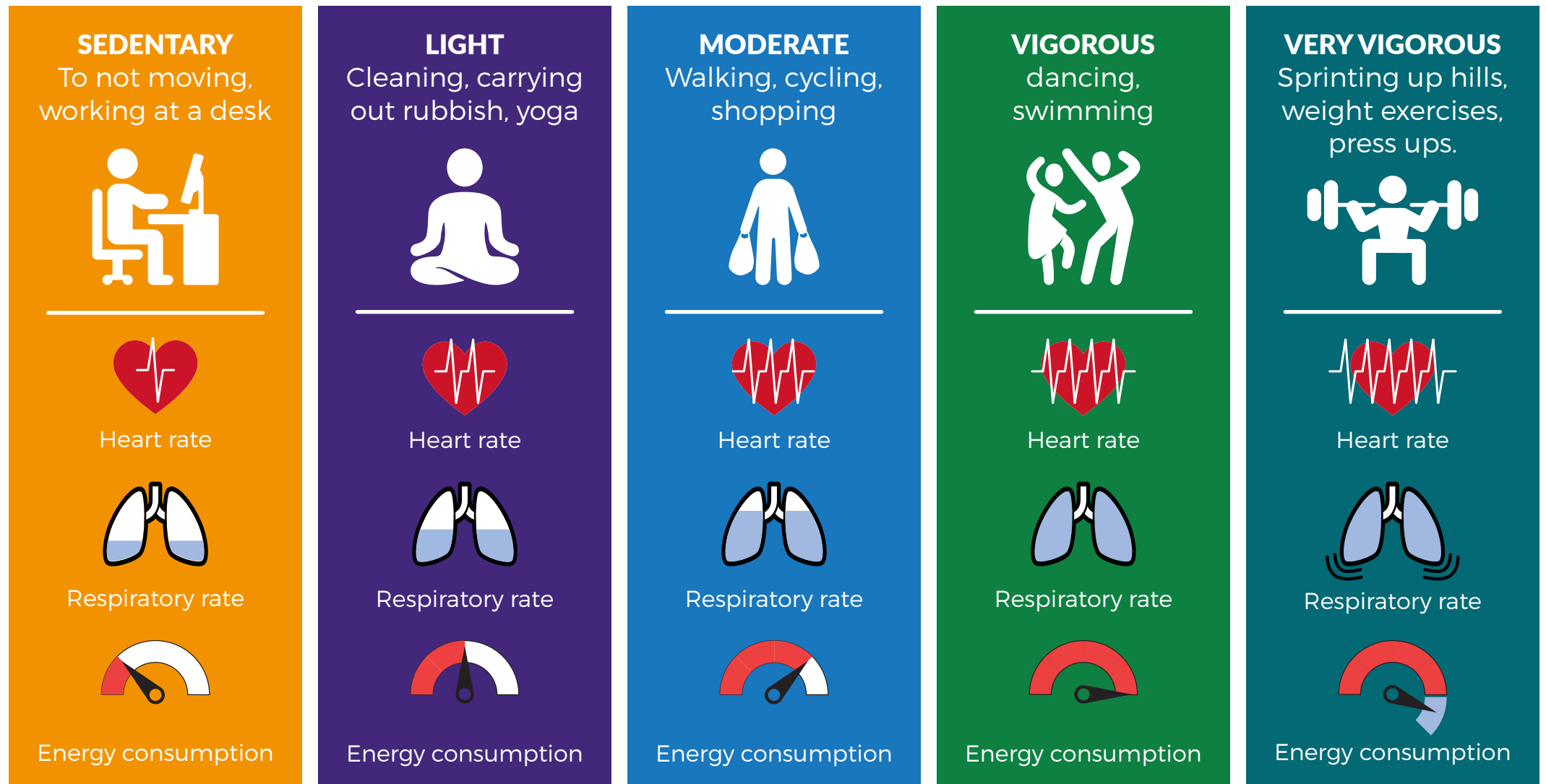
**Or carrying
heavy
shopping**

Minimise the amount
of time spent
sedentary (sitting)
for extended periods.



HOW INTENSE IS YOUR ACTIVITY?

As the intensity increases, heart rate, respiratory rate and energy consumption also increase further.



BEING ACTIVE TO ENJOY OUR LATER YEARS

We all want to enjoy our life as we get older. No matter how much you do, physical activity is good for your body and mind. Everybody should aim to be active every day. Some is good – more is better still. At any age you can improve your strength, balance and flexibility. It's never too early and it's never too late.

TOP TIPS TO KEEP ACTIVE



Find something you enjoy

You're far more likely to stick to something if you enjoy it.



Go from strength to strength

Strength building activities like carrying heavy shopping bags or online pilates helps to keep muscles, joints and bones strong. Aim to do this twice a week or more.



Get into a good habit

Set a reminder on your phone to get up and move every 30 minutes during the day. Try stretching during a TV ad break or pacing around the kitchen while waiting for the kettle to boil.



Track your progress

Whether it's steps, distance or active minutes, setting a daily target and hitting it will feel great. There are many apps available, but a checklist on a piece of paper works just as well.



It's better together

If your friends and family want to be more active too, get together to walk or exercise. Or get competitive and with a challenge of seeing who can do the most steps in a day.



Reward yourself

Set yourself a goal together with a reward. You could go for a long walk and then treat yourself to an episode of your favourite TV programme.

FIND SOME INSPIRATION ONLINE:

activehw.co.uk/healthy-ageing

nhs.uk/better-health/get-active

nhs.uk/exercise

worcestershire.gov.uk/livingwellforlonger