

# Physical activity for adults and older adults

## Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

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  
or a combination of both

at least  
**75**  
minutes

vigorous intensity  
per week

breathing fast  
difficulty talking



to keep muscles, bones and joints strong

**Build  
strength**

on at least  
**2**  
days a week



### Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the  
chance of frailty and falls

**Improve balance**

2 days a week

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## Simple ways to be more active

- Park further away from the shops or work or try getting off the bus a stop early.
- Walk the longer route to work.
- Do housework to music.
- Walk upstairs rather than taking escalators.
- Walk around while on the phone instead of sitting.

## How to increase physical activity

- **Start slowly and build up** – try increasing the duration, frequency or intensity of your activity each week. The walking plan below is a good starting point and can be done in your local park, street or neighbourhood.
- **Get active with others** – go for a walk with friends, take your children swimming.
- **Keep moving** – avoid sitting for long periods. Get up and move every 30 minutes
- **Make it fun** – incorporate physical activity into your pastimes: try gardening, dancing, or shopping.
- **Count your steps** – using a pedometer, find out your baseline daily steps. Set yourself small targets to increase your average daily steps by 500-1000, aiming eventually for 70,000 steps per week
- **Mind and body** – activities like Pilates, yoga or Thai Chi may help reduce stress and anxiety and improve flexibility, concentration levels and sleep patterns. Activity also releases ‘feel good hormones’ called endorphins.
- **Monitoring** – you are more likely to succeed if you record your daily activity.

Contact details: **Nutrition and Dietetic Services** Tel: (01225) 824398 (RUH)  
Tel: (01225) 833916 (St Martin’s)

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG 01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

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