

Physical activity for adults and older adults

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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



Gym



Yoga



Carry heavy
bags



Stairs

Sport

Minimise sedentary time
Break up periods of inactivity



Bowls



Tai Chi



Dance

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



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**
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.