Physical Activity For Older People

There are five physical activity recommendations for older people. If you live in your own home or in residential care, the recommendations for staying active are the same.

* No matter your age, weight, health or abilities, you can do some form of physical activity.
* Get active every day in as many ways as possible, by doing a range of physical activities for fitness, strength, balance and flexibility.
* Do at least 30 minutes of moderate intensity physical activity\* on most (preferably all) days. It doesn’t have to be all at once, just 30 minutes over the day.
* If you are not very active, or are starting a new physical activity, you should start at a level that is easy to manage and slowly build up.
* If you have enjoyed a lifetime of vigorous physical activity\*\* you can keep doing this in a way that fits with your abilities. Make sure you follow any safety measures needed for the activity you’re doing.

\* Moderate-intensity physical activity needs some effort, but you are still able to speak easily while doing the activity. Moderate activities include brisk walking, swimming, dancing, social tennis, or riding a bike.

\*\* Vigorous-intensity physical activity needs more effort and makes you breathe harder and faster (‘huff and puff’). Vigorous activities include running, fast cycling, or tasks that involve lifting, carrying or digging.

*Updated January 2018*