

**OLDER
ADULTS
65 + YEARS**

MOVE MORE AND SIT LESS

Plenty of moving helps you



Physically



Mentally



Keeping you



Strong and fit



Relaxed



Healthy

Each day you need at least



e.g. a walk or



Including weekly:

Balance activities



Flexibility activities



each week:

X 2 Strength activities



Tips for getting active



Do housework or dance



Play bowls or unload the trolley



Stretching activities like yoga or tai chi



Garden or lift groceries

Each day you need to



by



Breaking up



long periods

Getting active or staying active



Not active: gradually build up



Already active: keep going safely