

Benefits of exercise

Exercise is important for strength and balance, both of which can help to reduce your risk of falls. Exercise can also bring many benefits to you that cannot be achieved through medication, or which would take many medications to achieve.

Exercise does not need to be done in shorts and a t-shirt. Simply walking up and down your stairs, or standing from a chair repeatedly, or even just marching on the spot until the kettle boils can all help keep the body working well.

30 minutes of activity or exercise on at least 5 days a week is recommended,

but ultimately,

some is good, more is better.

Exercise can help with a variety of problems, and bring about improvement in a wide range of areas.

Community
Falls Prevention Service
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Mental health

- Better sleep
- More confidence
- Reduced anxiety
- Self esteem
- Depression



Medical conditions

- Heart conditions
- Breathing problems
- Diabetes
- Stroke
- High Blood Pressure



Everyday activities

- Stairs
- Reaching
- Toileting
- Eating
- Washing
- Cleaning
- Shopping
- Standing
- Dressing
- Walking



Muscles and mobility

- Strength
- Turning
- Flexibility
- Stepping
- Posture

No medicine can do as much for you as exercise can.
Stand up from your chair, 5 times an hour.

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

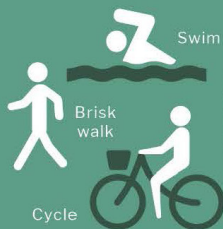
OR

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



Gym



Yoga



Carry heavy
bags



Stairs

Sport

Minimise sedentary time

Break up periods of inactivity



Bowls

Tai Chi

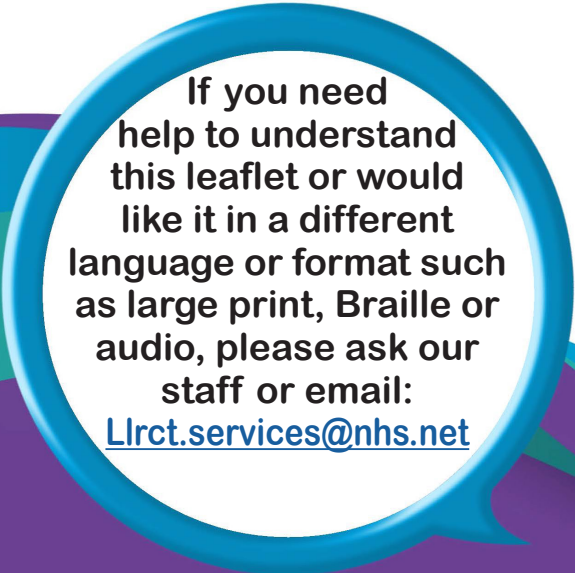


Dance

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

Improve balance

2 days a week



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