

GUIDELINE 3

Those with poor mobility should perform balance activities to enhance stability and prevent falls.

What is Balance?

- The ability to keep the body's center of gravity within the base of support
- An even distribution of weight enabling someone to remain upright and steady

Why is Balance Training Important?

Balance is used while performing any daily living activity. With age there are declines in sensory input assessing joint position, visual acuity and vestibular input which affect balance, causing loss of balance.

Benefits of Balance Training

- Maintain independence within your home and community
- Improve confidence
- Reduce the risk of falling

Activity Examples to Enhance Static Balance:

Swaying side-to-side, standing on one leg.

Activity Examples to Enhance Dynamic Balance:

Walking on an uneven surface, hiking, tandem walking, side stepping, walking on toes or heels, Tai Chi.

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The Canadian Centre for Activity and Aging (CCAA) is a research and education centre within the Faculty of Health Sciences at Western University.

Leaders in Physical Activity and Aging:
From Research to Action

GUIDELINE 4

More physical activity provides greater health benefits.

Change is Necessary

- Currently, less than 20% of Canadian seniors are active for 150 minutes per week
- Some physical activity is better than none, as exercise assists in improving health
- 30 minutes a day is extremely beneficial to inactive individuals

Benefits of Increasing Physical Activity

- 30-60% reduction in risk of age-related functional losses, disability and loss of independence
- reduce your risk of chronic disease (such as high blood pressure, heart disease and diabetes) and premature death

CCAA Research Director, Dr. Don Paterson conducted the research review that contributed to the development of the new guidelines for adults 65 years of age or older. Dr. Paterson was also involved throughout the process of writing the guidelines as well as the public messaging. Read the open access journal article at www.ijbnpa.org/content/7/1/38

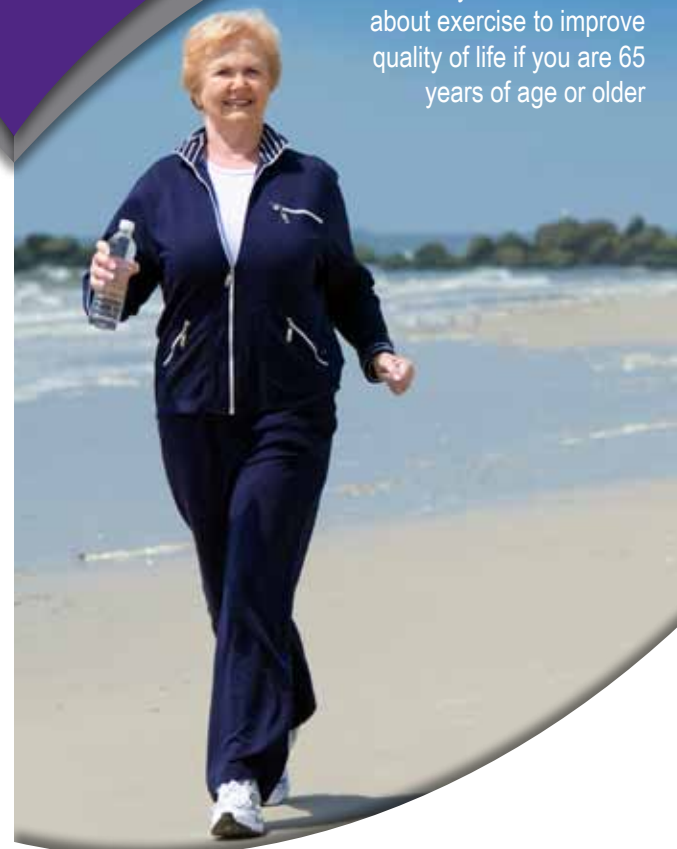
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Western
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THE CANADIAN PHYSICAL ACTIVITY GUIDELINES

What you need to know
about exercise to improve
quality of life if you are 65
years of age or older



Western
Canadian Centre for
Activity and Aging

ENJOY AN ACTIVE LIFE! YOU'VE EARNED IT!

THE NEW PHYSICAL ACTIVITY GUIDELINES FOR ADULTS AGED 65 YEARS AND OLDER.

Using a systematic review of the current scientific literature, the new guidelines were developed to encourage individuals to participate in physical activity in order to help improve quality of life and maintain independence.

GUIDELINE 1

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

What is Aerobic Activity?

Aerobic activity is sometimes called endurance activity – it will help to improve your fitness. Aerobic exercise involves large muscle groups for periods of greater than 10 minutes continuously and usually 30 to 60 minutes of sustained activity.

Intensity

Exercises should be of moderate- to vigorous- intensity and should increase your heart and breathing rates, for at least 30 minutes per day 4 to 5 days per week.

Moderate-intensity physical activity: On a scale of 0 to 10 (with 0 being completely at rest and 10 being your absolute maximum effort), moderate activities make you work at about a 5 or 6. While doing moderate-intensity activity you should still be able to talk, but not sing along to your favourite song (your increased breathing rate will interfere).

Vigorous-intensity physical activity: On a scale of 0 to 10, vigorous activities make you work at about a 7 or 8. While doing vigorous activity you shouldn't be able to say more than a few words without pausing for a breath. Do as much vigorous activity as you can!

Benefits of Improved Aerobic Fitness:

- Better quality of life
- Maintenance of functional and independent lifestyle for longer
- 30-60% reduction in risk of disease, death and loss of independence

Activities to Improve Aerobic Fitness:

Brisk walking (moderate), very fast walking (vigorous), hiking, walking up hill, walking with a backpack, running, swimming, cycling, aerobics, skiing, sports like hockey, basketball and racquet sports.

GUIDELINE 2

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Participate in resistance activities (where your muscles work against gravity or weight) or impact activities (those that involve running, jumping or hitting) to get your muscles and bones working. Many moderate- and vigorous-intensity activities can help you increase your muscle and bone strength!

Benefits of Muscle and Bone Strength:

- Helps improve aerobic endurance
- Provides functional improvements helping to maintain an independent lifestyle
- Helps to reduce the loss of muscle mass and bone density associated with aging

Activity Examples to Improve Muscular Strength:

Lifting weights, exercises like push-ups or sit-ups, heavy yard work (such as digging, shovelling or carrying wood)

Activity Examples to Improve Bone Strength:

Walking, jogging, running and jumping.

