

# Physical activity guidelines for older adults (65 years and over)

**Try to be physically active every day, any activity is better than none, and more is better still.**

- Accumulate at least 150 minutes (2½ hours) of moderate intensity activity per week (such as brisk walking, dancing, cycling, hiking, water aerobics, pushing a lawn mower).

OR

- 75 minutes of vigorous intensity activity per week (such as running, jogging, swimming fast, cycling fast, football, hiking uphill, tennis, energetic dancing, martial arts).

OR

- A combination of both.

- Muscle strengthening, balance and flexibility activities on at least two days per week will help make you stronger and feel more confident on your feet (such as yoga, pilates, tai-chi, heavy gardening like digging or shovelling, push ups, sit-ups, lifting weights).
- Reduce extended periods of sitting or lying down.

PLUS



### Physical activity for adults and older adults

**Benefits health**

- ZZ 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

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

**Build strength**  
to keep muscles, bones and joints strong

on at least **2** days a week

**Minimise sedentary time**  
Break up periods of inactivity

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

UK Chief Medical Officers' Physical Activity Guidelines 2019