

Active Living Tips for Older Adults

Practical, leading edge research results applied to physical activity for older adults, in plain language for health practitioners and leaders.
 Sponsored by the Active Living Coalition for Older Adults (ALCOA).

Is Ageism Slowing You Down?

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Ageism is discrimination based on age.

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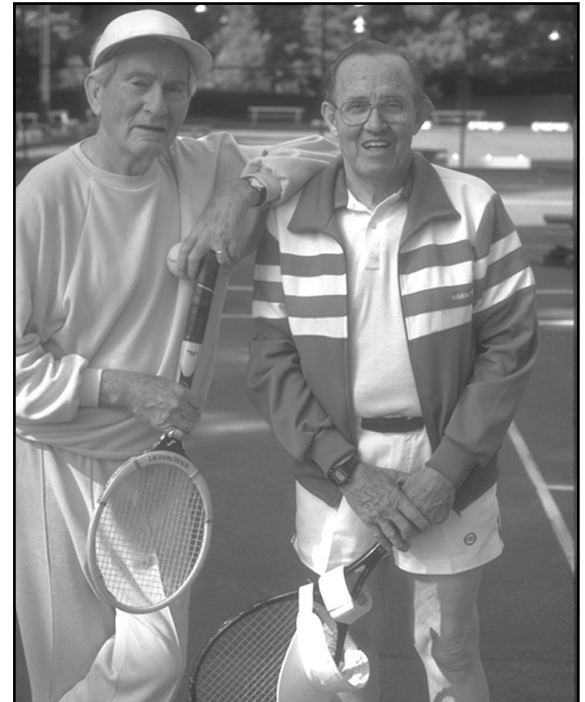
Has anyone ever suggested that you “take it easy” now that you are older?

Do you feel too old to be physically active?

In Canada we put a lot of value on helping older people once they get sick but we don't do much to encourage people to stay healthy. Yet research shows that elders can benefit more than anyone from being active 30 to 60 minutes every day. Generally, the more you do, the better you will feel. And you may reduce your risk of disease by up to 50%. So why aren't **you** active?

What we think, and what we do, affects how we age. Some adults climb mountains in their 80's and 90's, some sit in care facilities.

What about you? Are you enjoying 30 to 60 minutes of physical activity every day? Do you even **want** to? No? Why not?



*** “I would feel foolish! I'm out of shape.”**

Some people might notice you, but most people don't care how good you are. Everyone starts somewhere.

*** “Exercise is work! Who wants to work after retirement?”**

Newly active people say they feel better, sleep better, enjoy each day more and feel more relaxed. Find activities you enjoy so it doesn't feel like work.

*** “Exercise programs cost too much. Equipment is expensive.”**

One night in a hospital costs about \$1500. That’s enough to buy a treadmill that would keep you healthy for years. Wouldn’t you rather invest in your health and well-being?

*** “Playing is what kids do!”**

You don’t have to take aging sitting down. Why can’t you have physical fun at any age? You have a right to enjoy better health through safe and fun sport, fitness, or recreation activities.

How can I get active?

What keeps you from being active? Do you think you can’t be active?

You can do lots of things. You can carry your own groceries, take an infant for a walk in the stroller, or pack boxes at the local food bank. You can join an exercise class, learn tai chi, hike with friends, or play on the floor with your grandchildren. What you physically enjoy doing is what you should do.



It’s never too late!

You can benefit from being more active, whatever your age. When you decide to sit in your chair all afternoon, your health suffers. Being physically active at least 30 to 60 minutes a day can help you maintain a life worth living.

If you are sitting more than moving on most days, you are aging far faster than you should be. You are missing the best years of your life!



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This information is provided for general purposes. Please consult the appropriate health practitioner for advice that is specifically suitable for you.

Health practitioners, leaders and others please post, copy and distribute this article to older adults.