

LET'S GO FOR A WALK!

PHYSICAL ACTIVITY IS FOR EVERYONE

- Older adults, even those who are frail, can improve their health and independence by being more physically active.
- Physical activity doesn't have to be strenuous to benefit your health... walking, gardening, and dancing are great!
- For people who are not physically active, even small increases can improve their health and well-being.
- Aim for at least **30 minutes of activity, five days a week.**

SOME OF THE BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Improves your energy, mood, sleep and mental alertness
- Reduces aches and pains
- Reduces risk of falling, diabetes, and cardiovascular disease
- Helps to maintain independence

TIPS FOR SAFETY AND FITNESS

- ✓ **Check with your doctor.** It's always wise to get advice from your doctor before making a big change in your physical activity. Ask about what types of physical activity are best for you and how to best avoid injury.
- ✓ **Drink plenty of water every day,** especially before and after any physical activity. Don't wait until you feel thirsty.
- ✓ **Pay attention to your pain.** It's common to feel a little soreness, especially when you first start a new activity. But serious muscle pain, neck or low back pain, cramps or nausea can be signs of serious injuries. See your doctor if these symptoms persist.
- ✓ **Consider expanding your physical activity regimen.** Once you're comfortable with your new walking routine, think about adding activities for strength training, flexibility and balance.

