

Be Active... Your Way!

Your Way!

Resources

What are some examples of activity?

Aerobic Activities

- Walking or jogging
- Dancing
- Swimming
- Water Aerobics
- Aerobic Exercise Classes
- Bicycle Riding (stationary or on a path)
- General gardening (raking, trimming shrubs)
- Tennis or Golf (without a cart)

Muscle-Strengthening Activities

- Exercises using bands, weight machines, and hand-held weights
- Calisthenics exercises (body weight provides the resistance to movement)
- Digging, lifting, and carrying as part of gardening
- Carrying groceries
- Some yoga exercises
- Some tai chi exercises



Physical Activity Guidelines for Americans
www.health.gov/paguidelines

Centers for Disease Control and Prevention (CDC)-
 Physical Activity
www.cdc.gov/physicalactivity

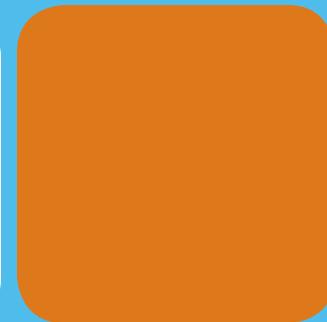
Growing Stronger- Strength Training for Older Adults
www.cdc.gov/physicalactivity/growingstronger/index.html

National Institute on Aging- Getting Fit for Life
www.nia.nih.gov/healthinformation/publications/exercise.htm

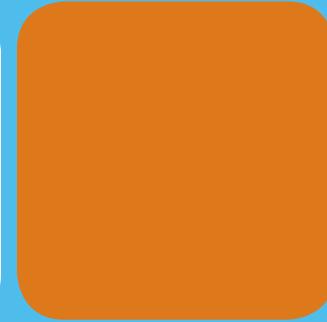
National Center on Physical Activity and Disability
www.ncpad.org

Health Finder
www.healthfinder.gov/getactive

HealthierUS
www.healthierUS.gov



Older Adults



**Nutrition & Activity
 FOR HEALTH**

www.dhhs.ne.gov/nafh
 (402) 471-2101



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 — PREVENTION WORKS

Be Active - choose activities you enjoy!

Why?

Adults aged 65 and older receive substantial health benefits, such as healthy bones, muscles, and joints, from engaging in regular physical activity. An active lifestyle will help promote endurance, strength, balance, flexibility, and weight control while helping to reduce the risk of heart disease, diabetes, and some forms of cancer. Regular physical activity is essential for healthy aging.

How do I begin?

- Adults with chronic conditions should talk with their own health-care provider to determine the right level of physical activity.
- Begin with light-intensity activities for less than 10 minutes at a time.
- Choose activities that are fun and enjoyable, and fit easily into your lifestyle.
- Set realistic goals and work gradually to meet them.
- Doing some activity is better than none!



What are the guidelines?

For substantial health benefits, older adults should do a combination of aerobic and muscle-strengthening activities at least 150 minutes a week of moderate activity or at least 75 minutes of vigorous activity per week.

Aerobic Activity:

Activity in which people move their large muscles in a rhythmic manner for a sustained period of time.

Muscle-Strengthening Activity:

Activity in which people overload their muscles than they are usually accustomed to doing.

Additional Guidelines

- When older adults cannot meet the recommended minutes per week because of chronic conditions, they should be as active as their abilities and conditions allow.
- Perform exercises that maintain or improve balance if at risk for falling.
- Determine the level of effort for physical activity that is both comfortable and maybe challenging at times.
- Adults with chronic conditions should understand how their condition affects their ability to do regular physical activity safely.

How do I reach the guidelines?

It is important to increase the amount of physical activity gradually over a period of weeks to months. Once you feel comfortable, do activity more often. Remember to pace yourself, and perform a wide variety of activities that are fun.

