

## Training for Retirement

### Module #4: Physical Activity



#### First Steps

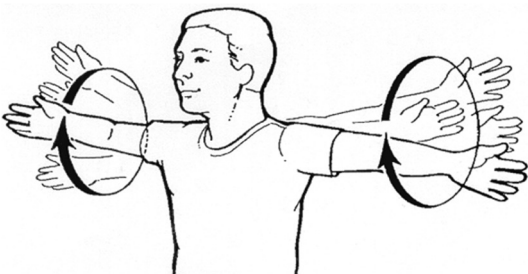
Make physical activity a part of your daily routine. Start by doing more of what you are already doing.

1. Walk whenever you can.
2. Get a good pair of shoes for walking.
3. Start slow and build up gradually.
4. Short, 10-minute bouts of activity all add up.
5. Build up to a total of 150 minutes of moderate to vigorous intensity aerobic activity per week.

#### Tips for Success

- ✓ Active time can be **social time**: look for group activities or things in the community
- ✓ **Walking** can be done anywhere, anytime, without any special equipment
- ✓ Find an **activity you like** and keep doing it!
- ✓ Increase your activity level **10 minutes** at a time.
- ✓ **Carry your groceries** home.
- ✓ Find an activity that will keep you active even **when the weather is bad**
- ✓ Take the **stairs** instead of the elevator

#### Daily Dose: Tight Grip Shoulder Circle



Complete these curls in the bedroom when getting dressed.

Standing tall, raise both arms to shoulder height, making a tight fist with each hand. Do 10 large circles with your arms moving forward, then 10 circles going backwards. Don't forget to breathe! Repeat the exercise 3-5x per day.

#### Did you know?

Research has shown that a loss of about **5%** of excess body weight can **reduce the risk of developing type II diabetes by almost 60%.**



Sources:

Beattie-Huggan, P., MacDougall, S., Sajdak, L., & Smith, N. (2013). Leader's tool kit for healthy living workshops for older adults. Retrieved from <http://www.alcoa.ca/>



