Training for Retirement Module #4: Physical Activity



First Steps

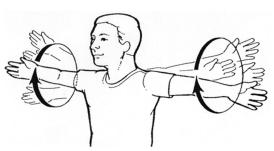
Make physical activity a part of your daily routine. Start by doing more of what you are already doing.

- 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

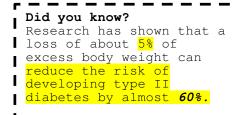
Daily Dose: Tight Grip Shoulder Circle



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.





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/

Canada's Physical Activity Guideline for Older Adults

Take part in at least **2.5 hours of moderate-vigorous intensity** aerobic activity per week.

Spread out activities into sessions of 10 minutes or more.

Add **muscle and bone strengthening** activities using major muscle groups at least **twice a week**.

Moderate Aerobic Activity

- Are you breathing harder?
- Is your heart beating faster?
- Can you talk but not sing?

Examples

- brisk walking
- bike riding
- mowing the lawn

Vigorous Aerobic Activity

- Is your heart rate much faster?
- Are you unable to say more than a few words without needing to catch your breath?

Examples

- taking a dance class
- jogging
- cross country skiing

Strengthening Activity

 Are you doing push and pull movements that involve your muscles?

Examples

- lifting weights
- yoga
- climbing stairs
- digging in the garden
- push ups, curl ups

Exercise Log

Date	Activity	Length of	Intensity/Type of Activity		
		Time	Moderate	Vigorous	Strength

Sources:

Public Health Agency of Canada. (2012). Physical activity tips for older adults (65 years and older). Retrieved from http://www.phac-aspc.gc.ca/



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