



Safety tips

- If you feel unwell or have any of these warning signs, stop exercising and seek medical advice:
 - dizziness
 - lightheadedness
 - chest pain
 - shortness of breath
 - pain in muscles or joints
- If you require medication when you are active, ensure that you carry it with you.
- Use prescribed mobility aids, eye wear, hearing aids, orthotics and other safety aids for safe participation.
- Keep hydrated before, during and after activity.
- Wear reflective and bright clothing/items.
- Use reflectors and lights on your bike.
- Wear safety gear (e.g. helmet, protective equipment).
- If active alone, bring identification. Tell someone where you are going and when you will return.
- If the weather is not ideal outside, try walking indoors at a local mall or indoor walking program.

Physical activity is for everyone...

If you have limitations or specific concerns, talk to your healthcare provider or recreation/fitness specialist about modifying your activities (i.e. chair exercises).

Healthy eating: Tips for older adults

- Follow *Eating Well with Canada's Food Guide*. For details visit www.myfoodguide.ca.
- A balanced meal includes 3 of the 4 food groups:
 - vegetables and fruit
 - grain products
 - milk and alternatives
 - meat and alternatives
- A balanced snack includes 2 of the 4 food groups, for example, cheese and apple slices or hummus and vegetables.
- Limit your intake of salty foods that are more processed, such as sauces, salad dressings, luncheon meats, and ready-to-serve meats. Instead, use more fresh and frozen vegetables and fruit which are naturally low in sodium.
- The need for vitamin D increases after the age of 50. Talk to your healthcare provider about supplementation.

How you can get *in motion*™

To get *in motion*™ and to find more tips and ideas for healthy active living, visit inmotion4life.ca.

For more information, call 519-663-5317 ext. 2220.

Information from/adapted from the following references:

Canadian Society for Exercise Physiology. (2011). Glossary of Terms. Canadian Physical Activity Guidelines. Retrieved June 13, 2011 from <http://www.csep.ca/english/view.asp?x=804>

Health Canada. (2007). *Eating Well with Canada's Food Guide*. Retrieved June 13, 2011 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



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Do it for life... every day!



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Forever *in motion*™



Healthy older adults (65 years and older) can achieve health benefits and reduce health risks by engaging in regular physical activity and healthy eating.

"It (physical activity) has done a lot for me. I'm doing things now that I did in my 60s. It keeps me young."



Do it for life ... every day!

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How will you benefit from getting *in motion*™?

Benefits right from the start:

- Meet new people.
- Feel more energized.
- Reduce stress and improve sleep.
- Have fun.



Reduce the risk of:

- Heart disease, stroke, high blood pressure
- Diabetes
- Osteoporosis
- Dementia
- Some types of cancer
- Depression

More health benefits:

- Improve fitness.
- Maintain mobility.
- Improve or maintain body weight.
- Enhance balance and prevent falls.
- Stay more independent.
- Maintain bone health and muscle strength.
- Feel better and maintain mental health.

The more active you are the better!



Boost activity through F.I.T.T.

Frequency: Healthy older adults should be active most days of the week, working towards a daily routine.

Intensity: For aerobic activity, start slow. Work toward moderate (e.g. brisk walking, water aerobics) to vigorous activity (e.g. fast walking, fast swimming).

Time: Gradually build up to at least 150 minutes per week in bouts of 10 minutes or more.

Type: In addition to the aerobic activities above, it is also beneficial to add;

- Muscle and bone strengthening activities, at least 2 days per week on alternating days (e.g. lifting, carrying, heavy gardening, weight training).
- Activities to enhance balance and prevent falls (e.g. Tai Chi, yoga).

More physical activity provides greater health benefits.

Follow the *Canadian Physical Activity Guidelines for Older Adults* (65 years and older) from the Canadian Society for Exercise Physiology. www.csep.ca.

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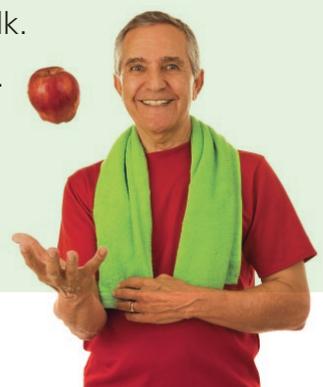
"I was desperate for something to get me going again. From almost my first trip to the gym, I started to feel better and sleep through the night."

Before you start:

- Talk with your healthcare provider if you are starting a new physical activity.
- Beginners should start slow and gradually increase their activity levels. Know your limits!
- Dress for weather conditions:
 - In warm weather, wear breathable and light weight clothing.
 - In cold weather, wear a hat, cover skin and dress in layers.
- Protect yourself from the sun in all seasons:
 - Protect from the sun especially between 11 a.m. and 4 p.m. or when the UV index is 3 or higher.
 - Wear a hat, sunscreen with SPF 15+, and sunglasses.
 - Cover exposed skin.
- Wear supportive footwear appropriate for the activity.

Ideas to get started:

- Choose safe activities that you enjoy.
- Go for a walk at your local park or trail.
- Try activities at local community or senior centres.
- Get off the bus earlier and walk.
- Park your vehicle further away.
- Take the stairs.
- Explore your community.



What is good for the heart is good for the brain!

"I have a fabulous memory, and being active helps my mind stay active as well."