

Anyone can be forever *in motion*TM!

Why physical activity?

- HEALTH BENEFITS
- FUN & SOCIAL
- MORE ENERGY



Healthy older adults can boost activity through F.I.T.T.



Frequency – Aim for a daily routine.

Intensity – Work toward moderate (e.g. brisk walking) and then to vigorous aerobic activity (e.g. fast swimming).

Time – At least 150 minutes per week of aerobic activity, in bouts of 10 minutes or more.

Type – Include muscle & bone strengthening, at least 2 days per week (e.g. lifting) and balance (e.g. Tai Chi).

- More physical activity provides greater health benefits.
- Follow the *Canadian Physical Activity Guidelines* at www.csep.ca.

Acknowledgement: Canadian Physical Activity Guidelines, © 2011.

Used with permission from the Canadian Society for Exercise Physiology. www.csep.ca



Eat well everyday

- Follow *Eating Well with Canada's Food Guide* For details, visit www.myfoodguide.ca.
- Aim for balance and variety in your diet.
- Plan meals and snacks using the 4 food groups: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives.

Abilities may vary given age and health status. It is important to talk to your healthcare provider prior to beginning a new physical activity program.

Do it for life... every day!

