Physical Activity to Promote Mobility in Older Adults

Read about recommended activity levels and ideas for how to improve your functional capacity!

150

Minutes of moderateintensity activity per week

- OR -

75

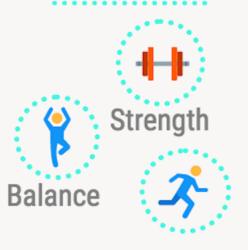
Minutes of vigorousintensity activity per week is recommended.

Exercise Tips

- Make it fun! Try dance classes or water aerobics, exercise with friends, tend your garden or whatever you may enjoy!
- Extend the activity you're already doing. Walk a little farther, swim a little longer, or increase the frequency of your activities.
- Mix up different types of activity to keep things fresh and work different parts of your body
- Set realistic goals and track your progress.

 Older adults should be as physically active as their health conditions allow: safety is crucial!

Exercise Types





Benefits

- Lower risk of mortality, stroke, heart disease, type 2 diabetes, healthier body composition, and improved cardiorespiratory & muscular fitness
- Higher levels of functional health: reduced risk of falling, better cognitive functioning

Additional Resources

https://go4life.nia.nih.gov/

http://www.who.int/dietphysicalactivity/fac tsheet_olderadults/en/

https://nihseniorhealth.gov/exerciseforolder adults/healthbenefits/01.html