

# 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 moderate-intensity activity per week

- OR -

**75**

Minutes of vigorous-intensity activity per week is recommended.

## 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

## 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



Strength



Balance



Endurance



Flexibility

## Additional Resources

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

[http://www.who.int/dietphysicalactivity/factsheet\\_olderadults/en/](http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/)

<https://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html>