

## Tips to be more active

- ▲ Choose an activity you enjoy that fits into your lifestyle.
- ▲ Walk, cycle or catch public transport as much as you can.
- ▲ Join a free Heart Foundation Walking group. Call the Heart Foundation's Health Information Service on 1300 36 27 87 or visit [heartfoundation.org.au/walking](http://heartfoundation.org.au/walking)
- ▲ Swimming is gentle on joints and many pools have discounts for concession card holders.

## Medical considerations

If you have a chronic health condition, such as heart disease or diabetes, it is advisable that you see your doctor before starting physical activity to discuss the types of activities that best suit your needs.

You should also see your doctor if you plan to start vigorous physical activity and have been inactive for some time.

## Want more help to LiveLighter?

Visit [livelighter.com.au](http://livelighter.com.au) for more healthy lifestyle tips and information or register for your free personalised LiveLighter Meal and Activity Planner.

**Come on, start to LiveLighter today!**

**LIVELIGHTER**<sup>®</sup>

[livelighter.com.au](http://livelighter.com.au)

**IT'S NEVER**

**TOO LATE**

**TO BE ACTIVE**



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# LIVE A

# LONGER,

# HEALTHIER LIFE

*It's never too late to benefit from being active.*

Regardless of your age, weight or health challenges, it's important to do some form of physical activity every day.

Things like gardening, walking to the shops and group activities like dance classes are all good forms of physical activity.



## How much physical activity should you do?

Older adults should aim for at least thirty minutes of moderate intensity physical activity each day. Moderate intensity physical activity is energetic but doesn't make you breathless. Brisk walking is a good example.

As people age, it's important to incorporate resistance exercise too. Modified programs are available at many gyms and community health centres.

Start physical activity at an easy level and gradually build it up.

If thirty minutes in one session sounds like a lot, you can break it down into shorter sessions of at least ten minutes.

If you haven't been physically active for a while, start off slowly.

You should also try to build physical activity into your everyday life in as many ways as possible and make it part of your routine.

## Enjoy the rewards

Be active every day and you'll find all kinds of social, mental and physical health rewards and it is also a great way to make new friends and reduce feelings of isolation.

## Here are a few of the benefits you'll enjoy:

- ▲ Have more energy
- ▲ Maintain strong bones and muscles
- ▲ Improve your coordination and balance (and reduce falls)
- ▲ Reduce your risk of heart disease, type 2 diabetes and cancer
- ▲ Lower blood pressure and healthier blood cholesterol
- ▲ Maintain a healthy weight