



## HELPING YOU STAY ACTIVE

### Examples of activities you might like to do

Here are some examples of activities that may suit you:



#### **Fitness activities for your heart, lungs and circulation:**

- brisk walking
- swimming
- water aerobics
- cycling
- dancing.



#### **Strength activities to help maintain bone strength:**

- bush walking or hiking
- exercises using weights (e.g. lifting cans of food)
- lifting and carrying (e.g. groceries)
- climbing the stairs instead of using the lift or escalators.



#### **Flexibility and balance activities to help you move more easily:**

- tai chi
- yoga
- indoor/outdoor bowls
- golf
- gardening.

#### **Remember:**

- **it's best to include a mixture of strength, flexibility and balance exercises, and fitness activities for your heart, lungs and circulation, in your activity routine**
- even small periods of time being active each day will help to keep you moving
- increasing the time you are active each week, even by a small amount, is beneficial
- exercising with a friend or joining a group can add to the enjoyment
- you may be able to re-join group activities outside the home as COVID-19 restrictions change; before attending, check your state government's policy on physical distancing.



## These strength and balance activities can be done at home, for example, while watching TV or waiting for the kettle to boil:



**Heel raises for strength and balance:** Stand sideways next to a bench with your feet apart and hold on to the bench with one hand to support yourself. Slowly rise up on to your toes, hold for one second and slowly lower again. Do this a few times to begin with, increasing to more times.



**Side leg raises for strength and balance:** Stand sideways to a bench, hold on with your right hand to support yourself and slowly take your left leg out to the side. Keep your back and both legs straight, and hold the position for one second before slowly lowering. Repeat a few times at first, increasing to more times. Turn around and hold on with your left hand while you raise your right leg.



**Knee lifts for strength:** While sitting in your chair with your back straight, bend your left knee and lift your left leg towards your chest. Hold for a few seconds then slowly lower. Do this a few times with each leg.



**Stand up and sit down (or chair raise) for strength and balance:** From sitting on a chair with your feet flat on the floor and slightly apart, and keeping your back and shoulders straight, slowly stand up, trying not to use your hands. Then, slowly sit back down and pause. Do this a few times.

For more examples, see the useful resource: 'Choose Health: Be Active – A physical activity guide for older Australians' at: [www1.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health](http://www1.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health)