

Exercise

Benefits

- Improves heart and lung diseases
- Improves your balance and posture
- Reduces your risk of falling or getting hurt
- Improves or maintains your weight
- Helps you stay at home and independent
- You will need less help from others

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Joshua & Maria

Joshua had a heart attack and Maria has arthritis, but they needed to put physical activity back in their lives. Their doctors suggested walking would be good for both of them, so they thought about giving it a try together.

In the morning they usually walk in the park for 20 minutes. In the winter, they go to the mall and walk there, making sure to walk up the stairs to the second level whenever possible. They use elevators a lot less now.

In the afternoon, they go to their local Y and join in physical activity periods with other seniors for about 30 minutes. Maria really likes the line dancing even though her arthritis prevents her from doing all the steps. Joshua likes to lift weights and encourages Maria to do it with him – sometimes she does it for 10 minutes. Sometimes they even do T'ai Chi together.



Barriers

- Lack of time
- Lack of motivation
- Not enjoyable
- Lack of confidence or knowledge
- Weather
- Financial resources
- Fear of being injured
- Chronic disease

Aerobic Activity

- What counts?
 - Pushing a lawn mower
 - Taking a dance class
 - Biking to the store
 - Swimming in a pool
 - Playing catch with grandkids
- Everyone's fitness level is different...
 - Walking down your driveway?
 - Running a 10K race?

Aerobic Activity

- Anything that makes you **sweat a little**
- Anything that makes you **breathe a little**



Aerobic Activity

- You need 150 minutes each week...
- That's only about 20 minutes per day!
- You can do it 10 minutes at a time
 - 10 minutes in the morning?
 - 10 minutes in the evening?
 - Everyone can do that!

Strengthening Activity

- What counts?
 - Climbing stairs
 - Carrying groceries
 - Digging in the garden
 - Lifting weights
 - Doing yoga
- Everyone's fitness level is different...
 - Getting up out a chair?
 - Squat 300 lbs barbell?

Strengthening Activity

- Any **push, pull, or lift** activity
- Too tired to do more after **10 repetitions**



Strengthening Activity

- Do these twice per week
- Upper body, lower body, and core
- Can combine this with aerobic activities
- Doesn't have to take a lot of time!

Squats



Squats



Push Ups



Toe Stands



Community Resources

- Chilliwack Family YMCA
 - Cardiac Care
 - Move to Improve
 - Osteofit
 - Better Bones and Balance
 - Get Up and Go
 - Aquafit, Yoga, Zumba

Community Resources

- Chilliwack Family YMCA
- Leisure Landing Centre
- Cheam Leisure Centre
- Chilliwack Seniors' Resource Society
- Seniors Recreation Centre

Barriers

- Lack of time
- Lack of motivation
- Not enjoyable
- Lack of confidence or knowledge
- Weather
- Financial resources
- Fear of being injured
- Chronic disease

Chronic disease

- e.g. heart failure, heart attack, COPD, stroke...
- All of these benefit from exercise
- But guidelines were based on healthy seniors
- You may be concerned about safety
- You may not be able to do 150 min per week
- You may not be able to do strengthening

Chronic disease

- **What should you do?**
 1. Talk to your doctor
 2. Access your resources! Take a class!
 3. Just do as much as you can

Joshua & Maria

Joshua had a mild heart attack at 60. His doctor told him he must start walking or he would have another one. He had a big scare, but the idea of walking every day appalled him.

His friend Maria had arthritis and hardly ever got out of the house. Maybe they could do it together, he thought. At least he would have company. Maria thought he had gone crazy – I have enough trouble just walking around the house, she laughed. But her chiropractor had told her to walk as well. After joking about it for a few weeks, the two of them decided they would do something.



Joshua & Maria

So they made a plan. They would start to walk when the weather got nice. By May, they had no more excuses, so they started their morning walks. In early June, Maria went to visit her daughter for two weeks and they both stopped walking – the habit was broken. In July, they tried again. It got them outside into the fresh air and seeing the neighbours and they really began to enjoy it.

They liked it so much that when winter came, they didn't want to stop. They heard about a mall-walking program and joined that. They met some more folks their age and found out about the seniors' activity program at the local Y and checked that out next.



Joshua & Maria

Maria signed up for a seniors' group that does line dancing. Her arthritis prevents her from doing all of the steps, but she likes it so she just does the steps that she can. She's made some friends there too.

Joshua took a class called "Sit And Be Fit" where an instructor taught him how to lift weights while sitting safely in a chair. He's convinced Maria to try it a few times too, but she's happier with dancing.



Summary

- **Aerobic activity**

- Anything that makes you sweat a little
- Anything that makes you breathe a little
- 150 minutes per week or 20 minutes per day

- **Strengthening activity**

- Any push, pull, or lift activity
- Too tired to do more after 10 repetitions
- At least twice per week
- Access your resources! Take a class!

Preventing Falls

Falling Facts

- 30% of seniors fall every year
- 50% of seniors who fall with fall again
- 40% of seniors who fall will fracture a hip
- 50% will never get back their full mobility
- 20% will die because of their fall
- Fear of falling again can severely limit activity
- **Falls are often preventable!**

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More physical activity provides greater health benefits.

Mobility Aids



Mobility Aids

- Can make a big difference in balance
- But they need to be carefully selected!
- Common problems:
 - Wrong size
 - Wrong type
 - Used incorrectly
 - No longer appropriate

Canes



- Used when:
 - You have pain or weakness in ONE LEG
 - You need only minimal support

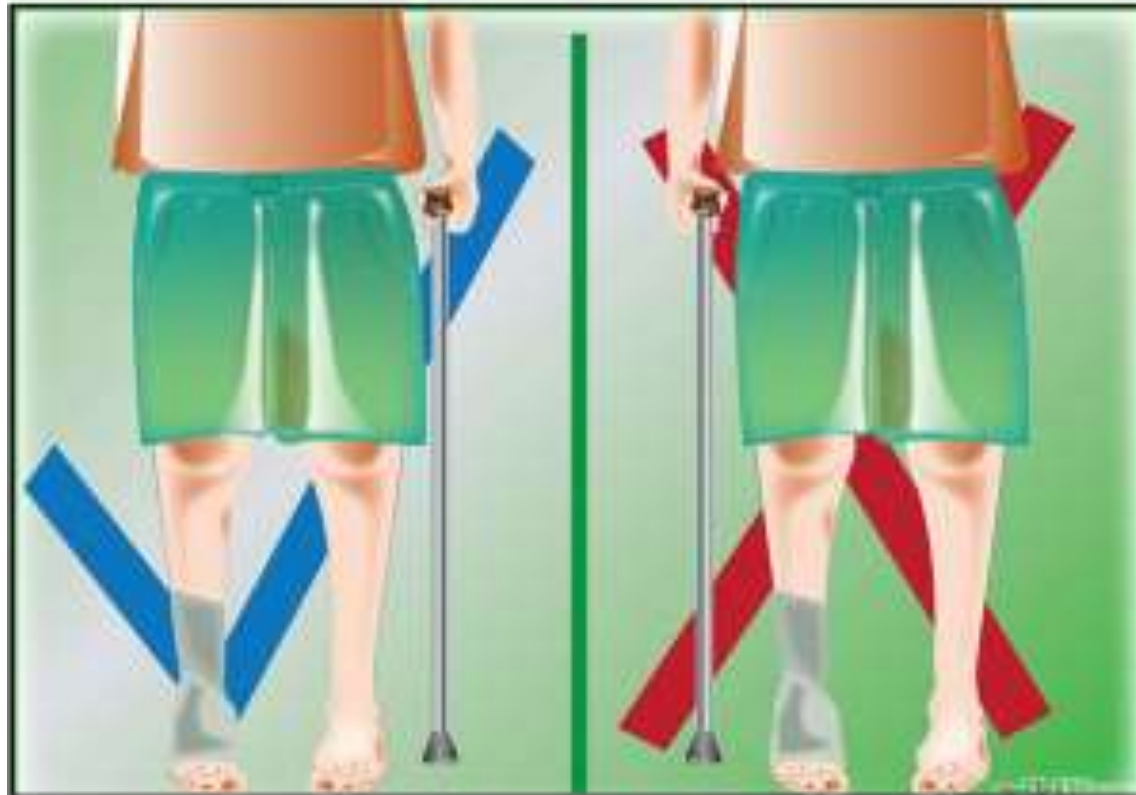
Canes



- **Wood** – Seniors prefer, but not adjustable
- **Aluminum** – Sturdier and adjustable
- **Pedestal** – Best support, heavier, harder to use

Canes

- Which side?



Walkers



- Used when:
 - You have pain or weakness in BOTH LEGS
 - You need more support than a cane
 - Walking for some distance is a problem

Walkers



- **Pick Up** – Won't slip, needs balance/strength
- **2-wheel** – Lean on it as you move, won't slip
- **4-wheel** – Easier to move, but can slip

Mobility Aids

- Can make a big difference in balance
- But they need to be carefully selected!
- Common problems:
 - Wrong size
 - Wrong type
 - Used incorrectly
 - No longer appropriate
- **Get help picking one out!**

Home Safety

- Most falls occur at home
- Bath and living rooms are common culprits
- How safe is your home?



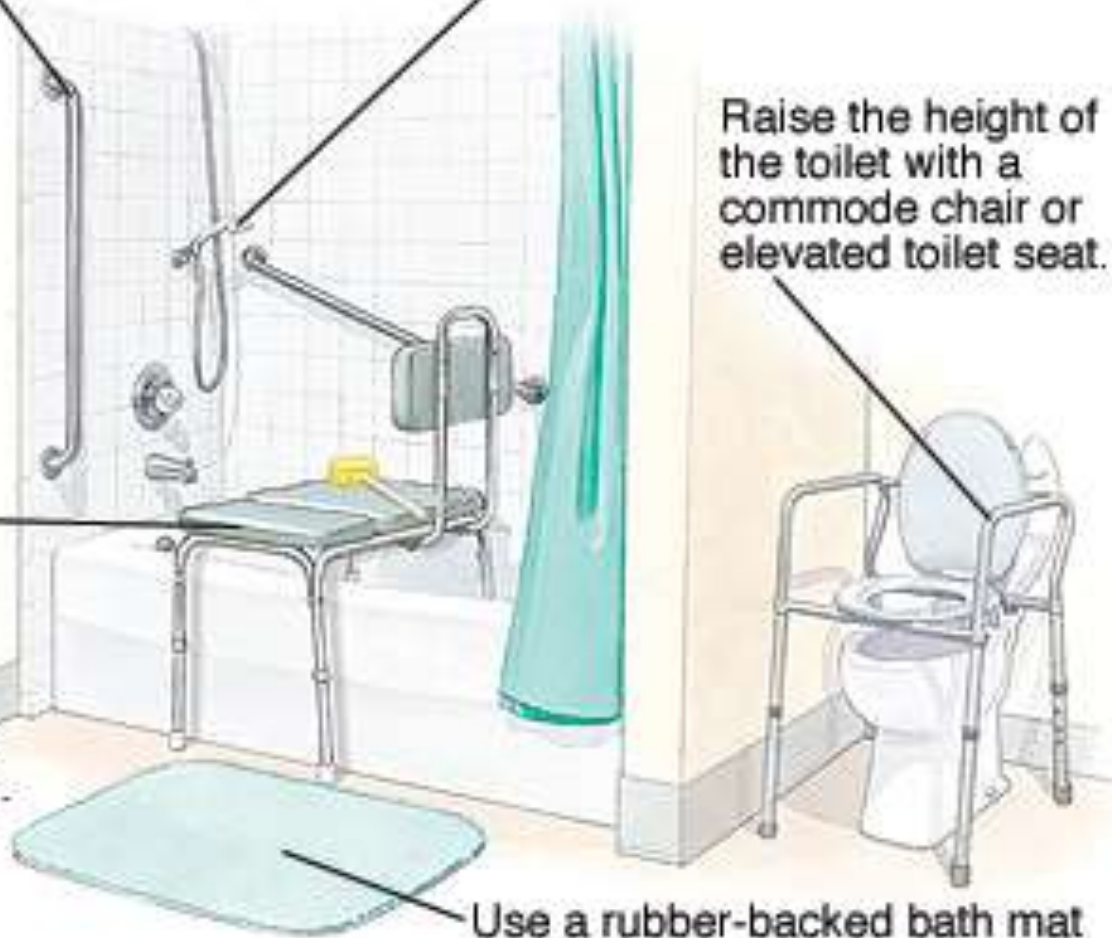
Have grab bars put in the shower or tub for support getting in and out.

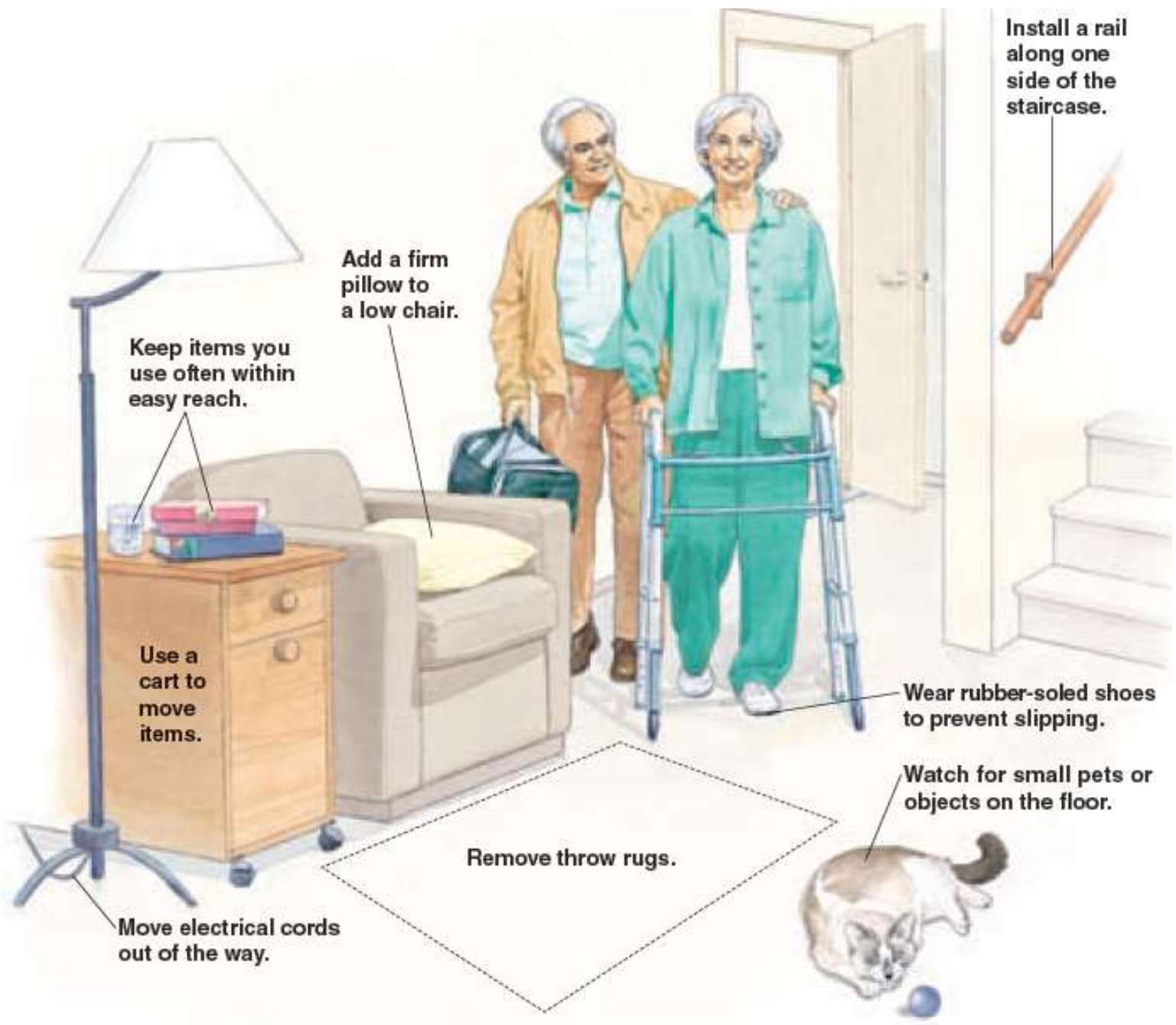
Install a hand-held showerhead for easier bathing.

Buy a shower seat to make bathing safer and less tiring.

Raise the height of the toilet with a commode chair or elevated toilet seat.

Use a rubber-backed bath mat to help prevent slips and falls.





Keep items you use often within easy reach.

Add a firm pillow to a low chair.

Use a cart to move items.

Move electrical cords out of the way.

Remove throw rugs.

Install a rail along one side of the staircase.

Wear rubber-soled shoes to prevent slipping.

Watch for small pets or objects on the floor.

Bathroom

	Yes	No
• Do you test the water temperature before you get into the bathtub or shower?	<input type="checkbox"/>	<input type="checkbox"/>
• Is your hot water temperature set to the recommended 49°C (120°F)?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have non-slip surfaces in the tub or shower?	<input type="checkbox"/>	<input type="checkbox"/>
• Do bath mats next to the tub or shower have rubberized backing or are they secured in place to keep them from slipping?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have a night light in the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
• Does your bathroom door lock have an emergency release?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have grab bars that have been properly placed and well anchored to the wall in the bathtub or shower?	<input type="checkbox"/>	<input type="checkbox"/>
• If you have any trouble getting on and off the toilet, do you have a raised toilet seat and a grab bar that is well anchored?	<input type="checkbox"/>	<input type="checkbox"/>
• If it's difficult for you to take a shower standing up, have you considered a bath seat?	<input type="checkbox"/>	<input type="checkbox"/>
• Is there a clear path from your bed to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have a lamp or a light switch near your bed?	<input type="checkbox"/>	<input type="checkbox"/>

Inside

- | | Yes | No |
|--|--------------------------|--------------------------|
| • Are all rooms and hallways in your home well lit? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are all throw rugs and scatter mats secured in place to keep them from slipping? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Have you removed scatter mats from the top of the stairs and high traffic areas? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are your high traffic areas clear of obstacles? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you always watch that your pets are not underfoot? | <input type="checkbox"/> | <input type="checkbox"/> |
| • If you use floor wax, do you use the non-skid kind? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you have a first aid kit and know where it is? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you have a list of emergency numbers near all phones? | <input type="checkbox"/> | <input type="checkbox"/> |

Stairs

- | | Yes | No |
|---|--------------------------|--------------------------|
| • Are your stairways well lit and do you have light switches at the top and bottom of the stairs? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are your stairs in good repair and free of clutter? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do the steps of your stairs have a non-skid surface? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are there solid handrails on both sides of the stairway? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you remove your reading glasses when using the stairs? | <input type="checkbox"/> | <input type="checkbox"/> |

Summary

- 30% of seniors fall every year
- Falls are often preventable
- Get lots of physical activity!
- Strengthening and balance activities will reduce your risk of falls
- Canes and walkers can be a big help, but they need to be carefully selected
- Keep your home safe!