



Weekly
**physical activity
recommendation**
for over 65-year-olds

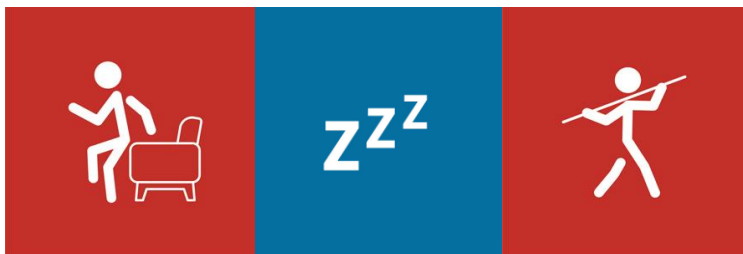
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Physical activity for health and vitality



Balance physical activity with rest

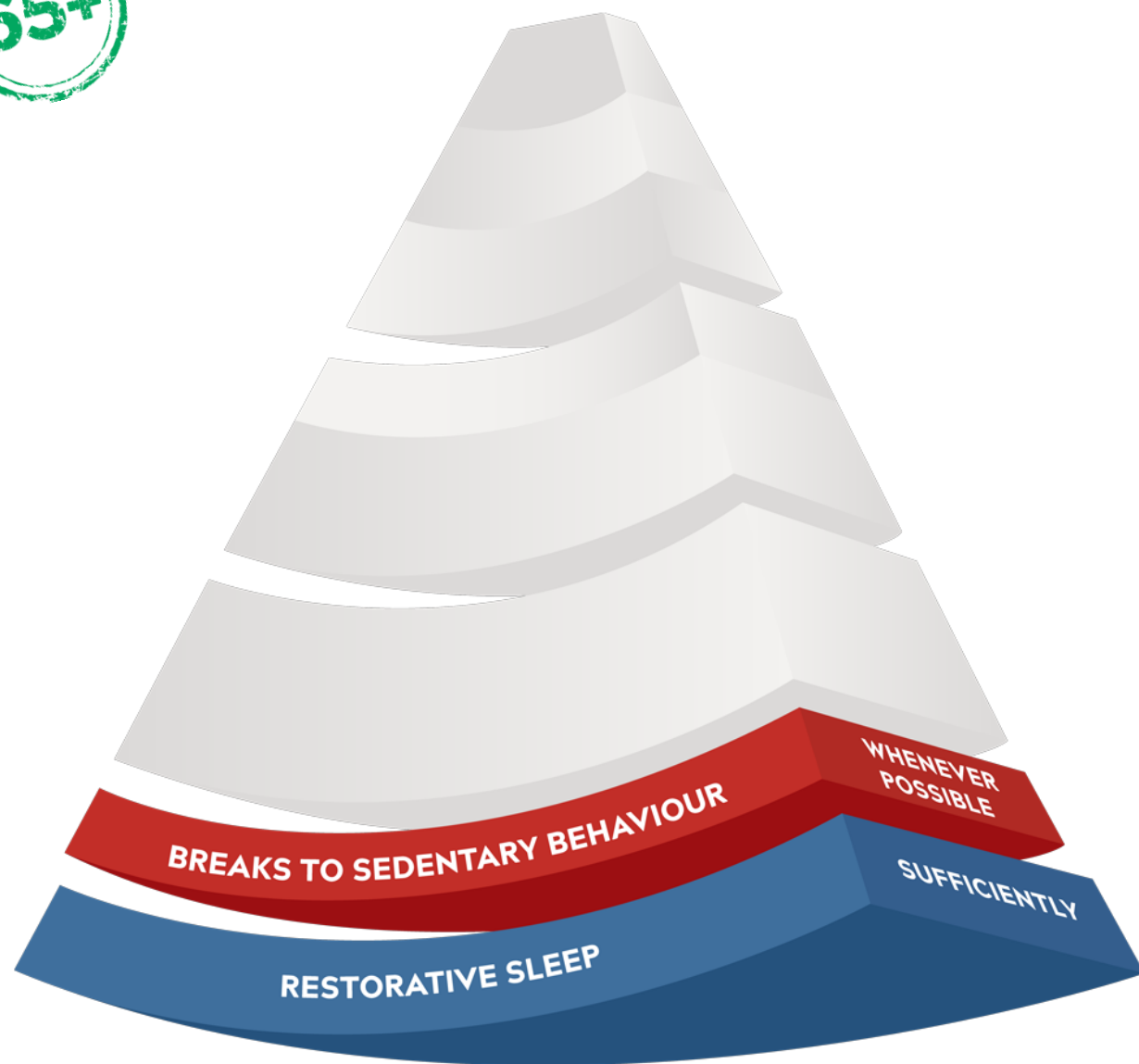




Restorative sleep

sufficiently

- Adequate sleep is important. During sleep your brain works to structure and store information and your body recovers.
- When you wake up feeling refreshed, you know you have slept enough.



Breaks to sedentary behaviour

whenever possible

Movement

- activates your muscles
- reduces strain on your body
- improves the well-being of your musculoskeletal system
- helps maintain your functional mobility.



Versatile physical activity for health and functional ability

Even short bouts of physical activity are beneficial.





Light physical activity as often as possible

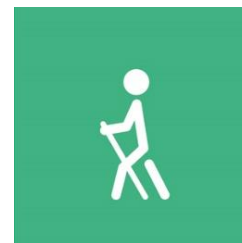
- Every step counts: household chores, outdoor activities, grocery shopping, and other everyday activities.



Moderate physical activity

at least 2 h 30 min per week

- Any activity that increases your heart rate counts.



Physical activity is moderate if you are able to talk despite shortness of breath.

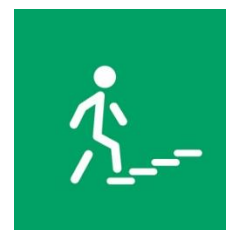
OR



Vigorous physical activity

at least 1 h 15 min per week

- You can achieve the same health benefits in a shorter time by increasing the intensity of your activity.



Physical activity is vigorous if talking is difficult due to shortness of breath.



Muscle strengthening, balance and flexibility activities

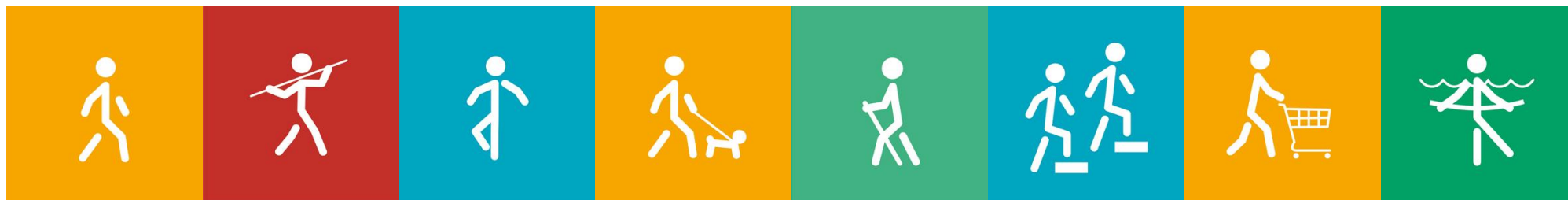
at least twice a week

- Train your muscles and challenge your balance. Combine exercise with stretching.
- Choose your way, e.g. gym training, group exercise, yoga, water exercise, dance, home workout or stair climbing.



Start slow and gradually increase movement.

Walking is a good way to start.
The right assistive device improves safety.





Physical activity refreshes.

- Physical activity refreshes your mind.
- You meet friends.
- Your memory works.
- You sleep better.





Physical activity helps maintain your ability to move and function.

Regular physical activity

- helps in daily activities
- prevents falls and fall-related injuries
- prevents, treats and rehabilitates several illnesses.





Move in versatile ways.
Every day.



Sources

[Physical Activity Guidelines of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services](#)

[2018 Physical Activity Guidelines Advisory Committee Scientific Report](#). Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services, 2018.



Thank you!

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