

65+

# PHYSICAL ACTIVITY FOR HEALTH AND VITALITY



Weekly physical activity recommendation  
for over 65-year-olds



## 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 the strain on your body and improves the well-being of your musculo-skeletal system.

**Start slow and gradually  
increase movement.**



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



# 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  
OR**

**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.



**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.

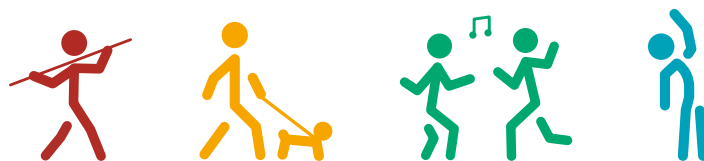
> Physical activity is vigorous if talking is difficult due to shortness of breath.



**IN ADDITION  
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.



## 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 and prevents,  
treats and rehabilitates several illnesses.



**Move in versatile ways. Every day.**



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