

Physical Activity

Physical activity is one of the most important things you can do to maintain your physical and mental health and quality of life as you get older. Walking, stretching, and keeping your muscles in good condition will help you to maintain your independence.

To stay independent you need to be able to reach, bend, lift, carry, and move around easily. Staying physically active will help you to keep moving, and stay strong.

You're never too old to increase your level of physical activity - Most people say they gain strength, endurance, and flexibility by becoming more active - including those in their nineties. Almost immediately, many people notice they feel better and getting around is easier.

Benefits from regular physical activity:

- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress

Even if you have not been very active, once you get started your body will adjust to your energy needs. Just try something... a little bit every day will make a difference.

It's best to choose activities that you like and build them into your daily routine.

Everyone can benefit from increased physical activity - People with physical limitations and chronic conditions can also benefit by becoming more active. Increasing your level of physical activity as much as you are able can help offset many of the negative effects of certain diseases and disabling conditions.

Healthy aging
body, mind and spirit



Not sure where to start?

- Always ask your doctor or health-care provider what would be safe for you.
- Check out the physical activity programs within your community.
- Talk to your friends and find out what they are doing. Maybe you could try something with one of them.

For a complete and free version of Canada's Physical Activity Guide to Healthy Active Living for Older Adults:

Call 1-888-334-9769 or visit

www.paguide.com

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