



A GUIDE TO Physical Activity For the Elderly



Physical Activity








							
Walking	Window Cleaning	Jogging / Brisk Walking	Hiking	Tai Chi	Swimming / Aquatic Fitness / Rehabilitation Exercise	Sandbags / Gymnasium Weight Lifting Machines	Stretching

Aerobic Physical Activity

Light-intensity
When doing an activity of this intensity, one is able to sing


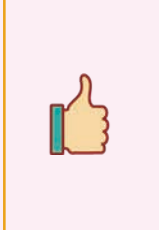


Moderate-intensity
When doing an activity of this intensity, breathing rate is increased, and one is able to talk but unable to sing

- Consists of rhythmic and repetitive activity of major muscle groups
- Helps with improving cardiopulmonary function, weight control, preventing and controlling chronic diseases, delaying cognitive decline

Strengthening Exercise

- Consists of resistance or weight training of moderate intensity to build muscle strength
- Helps to strengthen muscles, prevent muscle loss, protect joint, increase bone density, prevent falls, increase oxygen consumption for weight control

							
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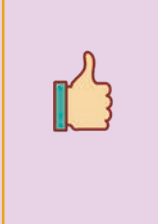
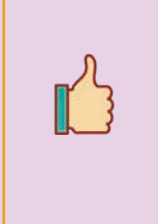
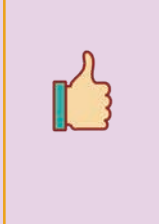

Stretching Exercise

- Consists of stretching different major muscle groups to the point of feeling mild tightness
- Helps with improving the flexibility of muscle, tendon and other soft tissues, increasing the range of motion of each joint

							
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Balance Exercise

- Consists of strengthening exercises, stretching exercises, weight-shifting and coordination movements to improve your balance
- Helps to maintain joint flexibility and prevent falls

					 Aquatic Fitness / Rehabilitation Exercise		
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Move for Health

Aerobic Physical Activity



150-300 minutes per week
Moderate-intensity

or

75-150 minutes per week
Vigorous-intensity

or an equivalent combination of moderate-intensity and vigorous-intensity aerobic physical activity in a week

Muscle Strengthening Exercise

2 or more times per week

Moderate-intensity or above



Stretching Exercise

Balance Exercise



2 or more times per week



3 or more times per week

If the elderly are not able to meet the recommendations due to health limitations, they should be as physically active as their ability and health conditions allow.



Department of Health

Elderly Health Service, Department of Health
Website: www.elderly.gov.hk
Elderly Health Infoline: 2121 8080



Elderly Health Service



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Preparation before physical activity

- The elderly with chronic diseases should consult healthcare professionals before starting or increasing the intensity of your physical activity plan
- Be aware of the weather condition and air quality
- Wear suitable clothing and non-slip shoes
- Bring along sufficient water for timely replenishment
- Avoid being too hungry or too full
- Exercise with a companion, which can make the activity more enjoyable, as well as provide peer support and care
- For outdoor activities, protect yourself from the sun; for example, wear sunglasses and put on sunscreen

Safety precautions

- Gradually increase the intensity of the workout within your capability
- Ensure the surrounding environment is safe
- Use a sturdy handrail or furniture for support if necessary
- Maintain a good form and posture for the workout
- Breathe normally
- If you feel unwell, stop immediately. If the condition worsens or persists, consult a healthcare professional

- Three steps to follow, for example:

