

# Exercise for Older Adults

As lockdown measures ease over the coming months, you may want to get outside for some more activity. Exercise such as walking can help you to live a happier and healthier life, but it is important to be mindful of a few things before you start. Many people who have been shielding haven't been outside properly in weeks so here are our top tips for building up to regular exercise.

If you have any concerns or are new to exercise please contact your GP for advice.



## Know your limits

Any activity is better than none, but it is really important to know your limits and not push yourself outside of these. This will help reduce injury or strains and you can always build up to more over time.

Even 10 minutes of exercise per day has great health benefits, for example a daily brisk walk can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood.

It can help with many health issues, such as lower back pain and those at risk of high blood pressure.



## Dress appropriately for weather, terrain, and activity

Whether you decide to walk around the block or go a bit further into a local park, it is really important to dress for the weather. This includes wearing breathable fabric and sun protection if it is hot or an additional layer and waterproofs if the weather isn't so nice! Make sure you pay attention to your shoes, ensuring they are suitable, comfortable and supportive for the activity you have chosen.



## Build strength and flexibility at home

Staying active will help you to reduce the risk of falls and fractures. You can work to improve your balance, strength and stamina by keeping moving. It is important to know what is suitable for you which may mean avoiding high impact exercises - if you have any questions about this we recommend contacting your GP first.

NHS UK has strength and balance exercises you can try at home, building up your strength for outdoor activity:

- sitting exercises
- strength exercises
- balance exercises
- flexibility exercises



## Take a mobile

If you have a mobile phone remember to take it out with you – it can come in handy for a number of reasons but mainly to call for help should you need it.

## Stay hydrated

Even a short time exercising in mild weather can be thirsty work, so make sure you stay hydrated either by taking some water with you or hydrating once you get home.

## Stay Local

When you are starting to exercise, it may be best to stay local to make sure you are familiar with the area. Whilst an adventure can be exciting, you don't want to get lost!

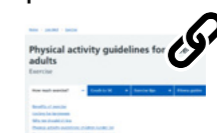
## Contact One You Kent

One You Kent is a free service to help you be healthier and feel better. This includes helping people to get more active in order to lose weight. For support visit

[www.oneyoutkent.org.uk](http://www.oneyoutkent.org.uk)

**ONE YOU KENT**

For more information on physical activity guidelines for older adults please visit:



NHS – how much exercise?



Physical Activity for Older Adults



Falls Prevention