



Be Active Your Way

“You’re Never Too Old”

COTAVIC has developed “Be Active Your Way”, a program to encourage older people to be more physically active. It is mainly for older adults who are not currently getting the required 30 minutes of physical activity into their busy daily lives and are looking for ways to do so.

Having health problems doesn’t mean you can’t be physically active. Any increase in physical activity can be beneficial for physical and mental health. Check with your doctor or health professional if you are uncertain before you start.

Not being active enough ranks just behind smoking as a major cause of ill health in Australia. And yet the answer is simple. All it takes is 30 minutes a day and a moderate physical activity routine for you to enjoy improved health and wellbeing.

You’ve got a lot to gain by becoming more active.

There is a sense of achievement for one thing. You’ll have more energy, sleep better at night and reduce your stress levels. And when you feel better, you can enjoy life more and make the most of all sorts of social opportunities.

Being active can be a family thing, a social thing, or something you enjoy doing on your own. Being active with others may give you that extra boost you need to get up and start.

KEY MESSAGES

1. Any physical activity is better than none
2. Do something you enjoy
3. Be active with a friend
4. Start slowly, set a goal and increase your activity over time



Why should you be physically active?

Physical activity makes you feel stronger and more alive. It is a fun way to be with your family or friends. It also improves your health by:

- Maintaining or improving physical function and independent living by helping with daily activities such as walking up stairs, getting out of a chair and carrying the shopping or a cup of coffee
- Reducing stress and anxiety, improving concentration, self-confidence and mental health
- Controlling weight by building healthy bones, muscles and joint movement and reducing the risk of injuries from falls
- Reducing the risk of heart disease, high blood pressure, type 2 diabetes, stroke and some cancers.



Is something holding you back?

Think about reasons why you have not been physically active. Then come up with some ways to get past what is keeping you from getting active.

Have you said to yourself . . . ?

I haven't been active in a very long time. Solution: Choose something you like to do. Many people find walking helps them get started. Before you know it, you will be doing more each day.

I don't have the time. Solution: Start with just 10 minutes, a couple of days a week. Walk during a break. Dance in the living room to your favourite music. It all adds up.

It costs too much. Solution: You don't have to join a health club or buy fancy equipment to be active. Play with your grandchildren or walk briskly with your dog for 10 minutes or more.

Start by doing what you can and then look for ways to do more. If you have not been active for a while, start out slowly. Walk 10 minutes a day and slowly increase your time. After several weeks or months, build up your activities – do them longer and more often. Reward yourself along the way.

For Everyone: Staying Safe and Avoiding Injury

Physical activity is generally safe for everyone. People who are physically fit have **less** chance of injury than those who are not fit. The health benefits you gain from being active are far greater than the chances of getting hurt. Being inactive is definitely not good for your health.

What sort of activity should I be doing?

There are four types of activity needed to keep you healthy:

- fitness,(aerobic or cardio)
- strength or resistance training,
- flexibility activities and
- balancing activities.

Strength training, as provided through Living Longer Living Stronger™, will help you regain and/or maintain the strength in your bones and muscles you need to stay independent and active.

For more Information

- “Be Active Your Way” Peer education talk – Contact COTA Vic, Tel 9654 4443
- COTA’s Information Service - Seniors Information 1300 13 50 90
- Visit COTA VIC’s website – <http://www.cotavic.org.au/programs-events/>
- Active Ageing Network – <http://www.activeageingnetwork.org.au/Pages/default.aspx>
- Your local council recreation or leisure department
- Your local community health centre

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