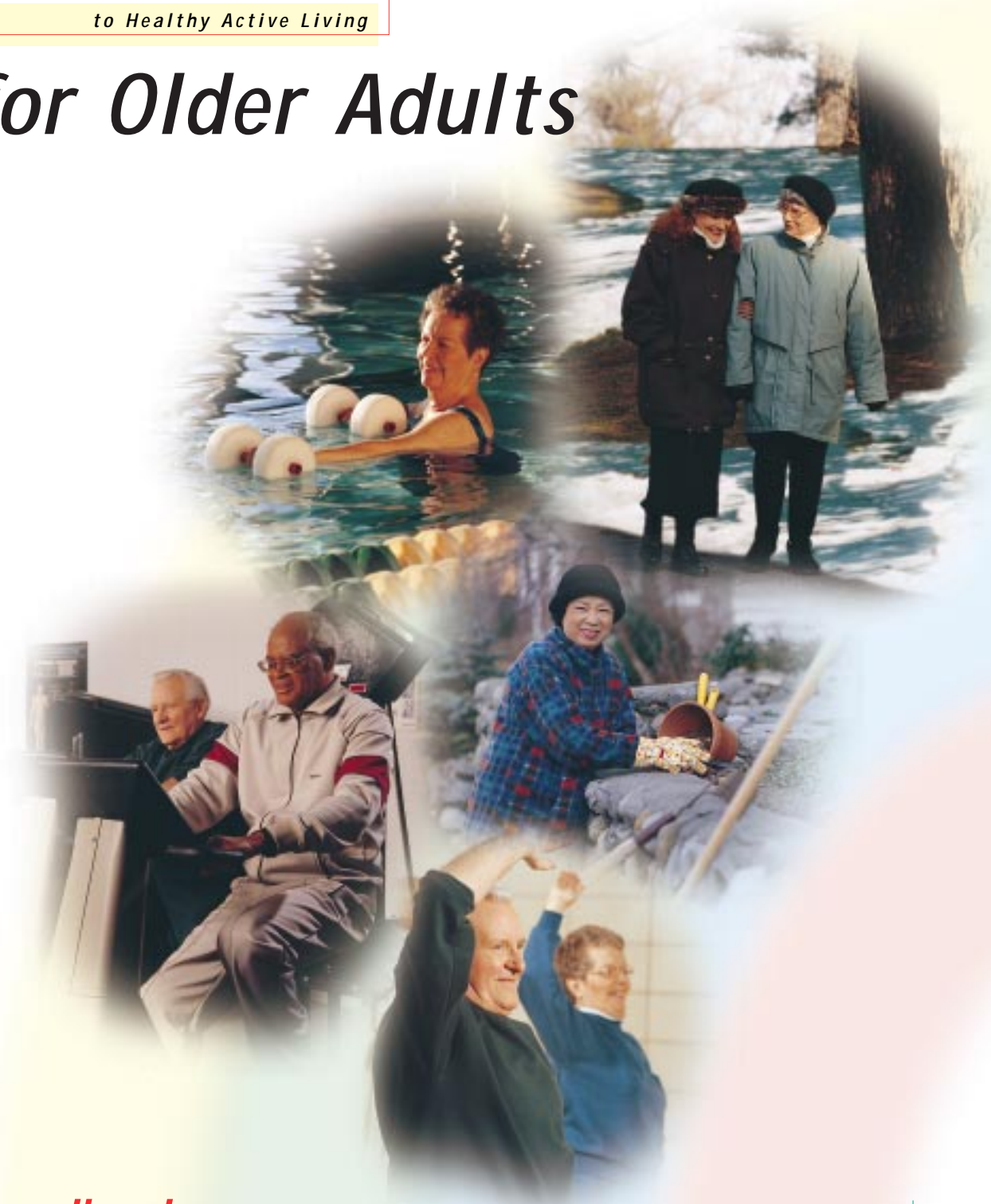


for Older Adults



Handbook

Includes pull-out copy of the Guide



Health
Canada

Santé
Canada



Canadian Society for
Exercise Physiology

Table of Contents

<i>Why should I be active?</i>	2
<i>There are many benefits from physical activity</i>	3
<i>It's never too late to get moving</i>	4
<i>What do experts recommend?</i>	5
<i>Choose activities from all three activity groups</i>	6
<i>Why not start here today?</i>	9
<i>But what if...</i>	10
<i>Pull-out copy of the Guide and Calendar</i>	Centrefold
<i>Being active is easier than you think</i>	14
<i>Let's see how some people like you got started</i>	15
<i>My next steps</i>	20
<i>Support from your community</i>	21

Why should I be active?

Maintain your health and independence as you age

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.

Physical inactivity makes your body age faster

Independent living depends on being able to do the things you want to do when you want to do them. 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.

Think about these facts

- 60% of older adults are inactive.
- Sitting or lying for long periods is a serious health risk.
(World Health Organization)
- Inactivity leads to declines in:
 - bone strength;
 - muscle strength;
 - heart and lung fitness; and
 - flexibility.
- Inactivity is as harmful to your health as smoking.

Get active your way –

- at home
- in your community
- with friends
- on the way to and from activities

... that's active living!



There are many benefits from physical activity

Benefits increase as physical activity increases

If you are not very active and you start increasing your physical activity, you will start to see benefits in 4-12 weeks.

- Start slowly and gradually build up.
- Physical activity does not have to be hard to improve your health.

*Take a look at the benefits you can achieve from physical activity.
Check off the ones that appeal to you.*

Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun



Benefits from regular physical activity:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- 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



Research tells us that being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death

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.

Consider this:

- The more you move, the better you feel.
- More active older adults have the function and fitness of those much younger.
- More active people prolong their independence.



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.



What do experts recommend?

Choose activities from each of these activity groups – Endurance, Flexibility, Strength & Balance

The *Guide* offers you a rainbow of activities to choose from. Pull out the two-page *Guide* from the centre of this *Handbook* so you can follow along as you read further.

- Choose things you like to do or would like to try.
- Do more of what you are already doing.
- Some activities you choose will give you more than one benefit.

How much activity do I need?

It is best to be active every day. Build physical activity into your daily routine. 30 to 60 minutes of moderate activity most days of the week will improve your health and fitness. And this is not hard to achieve!

If you have not been active, then start with activities you can easily build into your daily routine.

Minutes count

Add up your physical activities during the day. Your goal is to build up your activities to 10-minute segments that total 30 to 60 minutes a day. Build up gradually. Don't try to do too much at once. You'll be amazed how quickly you begin to feel more energetic, stronger, and more flexible.



Here are some ideas to get you moving...

Check off the ones that you could do.

- Take a 10-minute walk each day, progressing as you can to a moderate or brisk pace;
- Wheel yourself to the park;
- Get off the bus one stop earlier and walk the rest of the way;
- Take the stairs instead of the elevator;
- Lift weights to strengthen your arms – use a weight that will challenge your muscles (you don't have to buy weights, you can use household objects);
- Move around frequently;
- Stand up and sit down several times in a row to strengthen your legs; and
- Do some stretching every day to increase your flexibility.

Add up your activities

- Start where you can and progressively build up – listen to your body.
- Accumulate 30 to 60 minutes of moderate physical activity most days of the week.
- Minutes count – add it up, aiming for 10 minutes of activity at a time.

Choose activities from all three activity groups

Choose a variety of activities



A number of activities are suggested here for each activity group. **Check off those ideas** that appeal to you – ideas that you might like to build into your daily routine. This is **one step you can take** to increase the level of activity in your life.

The Three Activity Groups

Endurance Activities:

4-7 days a week

Endurance activities help you to increase energy and keep moving for longer periods of time. They make you feel warm and breathe deeply. Endurance activities are good for your heart, lungs, circulation, and muscles.

To get the best health benefits, try to do endurance activities for at least 10 minutes at a time. You want to make your heart and muscles work. If you can't do 10 minutes when you start out, do what you can and work up to it.

Here are some activities to choose from...

Check off the ones you do now and those that interest you!

- Walking
- Swimming
- Dancing
- Skating
- Cross-country Skiing
- Cycling
- Hiking



Safety – Endurance Activities

- Begin with activities that you can do comfortably.
- Progress to moderate and vigorous activities as your endurance builds.
- Use comfortable footwear that will support your feet and ankles.
- Wear comfortable clothing.
- Wear boots that will grip on ice and snow in the winter.

Not sure where to start? Ask your doctor, health-care, fitness, or recreation provider.

Choose activities from all three activity groups

Flexibility Activities:

Daily

Flexibility activities help you to move more easily so that you can accomplish the daily tasks necessary for independent living and self-reliance.

Flexibility activities help you to keep your joints healthy and maintain your mobility. They will help to ensure that you can:

- tie your shoes;
- clip your toenails;
- reach behind your back or straight up overhead;
- get down on the floor and back up again;
- get in and out of the tub; and
- reach up to that top shelf in the kitchen.

Consider doing more bending, stretching and reaching. Every little bit counts!

Here are some activities to choose from...

Check off the ones you do, or would like to do!

- Stretching
- Dancing
- Gardening
- Washing and waxing the car
- Mopping the floor
- Yard work
- Vacuuming
- T'ai Chi
- Golf
- Yoga
- Bowling
- Curling



Safety – Stretching Activities

- Start with five minutes of “stretch and hold” activities.
- Stretch slowly without bouncing or jerking the movements.
- Aim for a stretched, relaxed feeling – avoid pain.
- Breathe naturally – don’t hold your breath.

Not sure where to start? *Ask your doctor, health-care, fitness, or recreation provider.*

Strength & Balance Activities:

2-4 days a week

Strength activities are those that challenge all your muscles. Do more pulling, pushing, lifting, and carrying.

Strength and balance activities help you to:

- keep muscles and bones strong;
- reduce bone loss; and
- improve balance and posture.

When you maintain your strength and balance through regular activities, you:

- are less likely to fall or to have accidents that cause injuries;
- will be able to lift garbage bags, carry groceries, push and pull furniture, open jars, and carry a suitcase;
- are more able to get around safely; and
- know your personal limits.

Here are some activities to choose from...

Check off the ones that you could build into your routine!

- Lifting weights or soup cans
- Carrying the laundry
- Carrying groceries
- Climbing stairs
- Wall push-ups
- Weight-training classes
- Piling wood
- Standing up and sitting down several times in a row



Safety – Strength Training

- Start slowly – but challenge your muscles.
- Learn proper technique to protect your back and joints.
- Use weights that you can lift 10 times before they become too heavy.
- Breathe naturally – don't hold your breath.

Not sure where to start? Ask your doctor, health-care, fitness, or recreation provider.



This is the first day of the rest of your life!

Check off the things you want to improve...

Use the check-marks you have already made in this Handbook to help you decide.

- I want to have more endurance.

Activities I might want to try: _____

- I want to be able to move easier, be more flexible.

Activities I might want to try: _____

- I want to feel stronger.

Activities I might want to try: _____

- I don't know what I want to do.

I'm going to:

- | | |
|---|--|
| <input type="checkbox"/> visit my community centre. | <input type="checkbox"/> ask my doctor, health-care, fitness, or recreation provider what to do. |
| <input type="checkbox"/> check the Yellow Pages. | <input type="checkbox"/> read some more information. |
| <input type="checkbox"/> visit a seniors' centre. | <input type="checkbox"/> call the local recreation department. |
| <input type="checkbox"/> get an information video. | <input type="checkbox"/> check out some activity classes. |
| <input type="checkbox"/> find out what my friends are doing to stay active as they age. | <input type="checkbox"/> discuss this with my family. |

I feel too tired to get started?

Many of us feel that way, but most people who become physically active say that physical activity helps them feel better and gives them more energy.

It's important to choose activities that you enjoy because that will motivate you.

- Do you like to dance? Why not turn on some music you like and move to the beat.
- Do you like nature? Go for a walk and take in the scenery.
- Do you like gardening? No yard? Try a balcony garden.
- Do you like meeting new people? Check out the programs for older adults at your community centre, local Y, seniors' centre, or private fitness club.
- Talk to your friends and find out what they are doing. Maybe you could try something with one of them.

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.



I don't want to exercise? ...I've worked hard all my life, now it's time to relax.

Being active can help you to relax and prolong your independence. Build physical activity into your daily routine. Set yourself a small goal. Staying active is important to your physical and mental health in your retirement years. You have already taken a first step by reading this *Guide* and *Handbook*. Choose things that you like to do. Join in activities with people you like to be with. Start with small steps.

Find one activity that you could try, or do more of what you are already doing.

- Take your grandchild for a walk – grandchildren have so much energy, it might inspire you.
- Take a dog for a walk.
- Join your neighbour for a walk.
- Walk to the grocery store and carry home the groceries.
- Do some stretching every day.
- Join a class at the community centre.
- Join a mall-walking program.
- Wash and wax the car.
- Use a wheelchair? No problem, “wheeling” can be as beneficial as walking.

I have arthritis or stiff joints?

Then it is even more important that you make a commitment to doing gentle movements every day to keep your joints flexible. Small amounts of daily activity can make a huge difference and keep you mobile.

Flexibility and strength activities are essential to keep your muscles and joints healthy so that you stay mobile. The more sedentary your lifestyle, the stiffer your joints will become. Seek professional help if you are unsure about what is safe for you.



Here are some suggested activities:

- Home stretching routines
- Aqua fitness programs
- Specialty classes for people with arthritis
- Walking/wheeling
- T'ai Chi
- Folk or line dancing

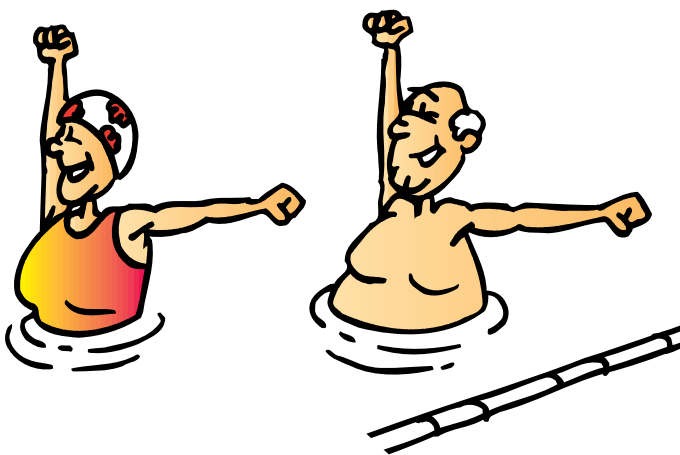
I have osteoporosis?

Bones lose minerals and strength as people age. Serious bone loss is a problem for about 25% of older people. You can prevent some of this bone loss with strength activities.

Your muscles and bones have to be challenged to get stronger or to maintain their strength as you age. Join a beginner's program to learn some techniques that will help you improve your strength. It will help you maintain your independence and quality of life. Ask your doctor or health-care provider what would be safe for you. If you have osteoporosis, being active will still be of great benefit, but activities may need to be adapted to provide that benefit without putting you at risk.

Here are some suggested activities:

- Resistance training that challenges your muscles and bones
- Aqua fitness programs
- Walking
- Folk or line dancing
- Specialized classes for people with osteoporosis



CANADA'S

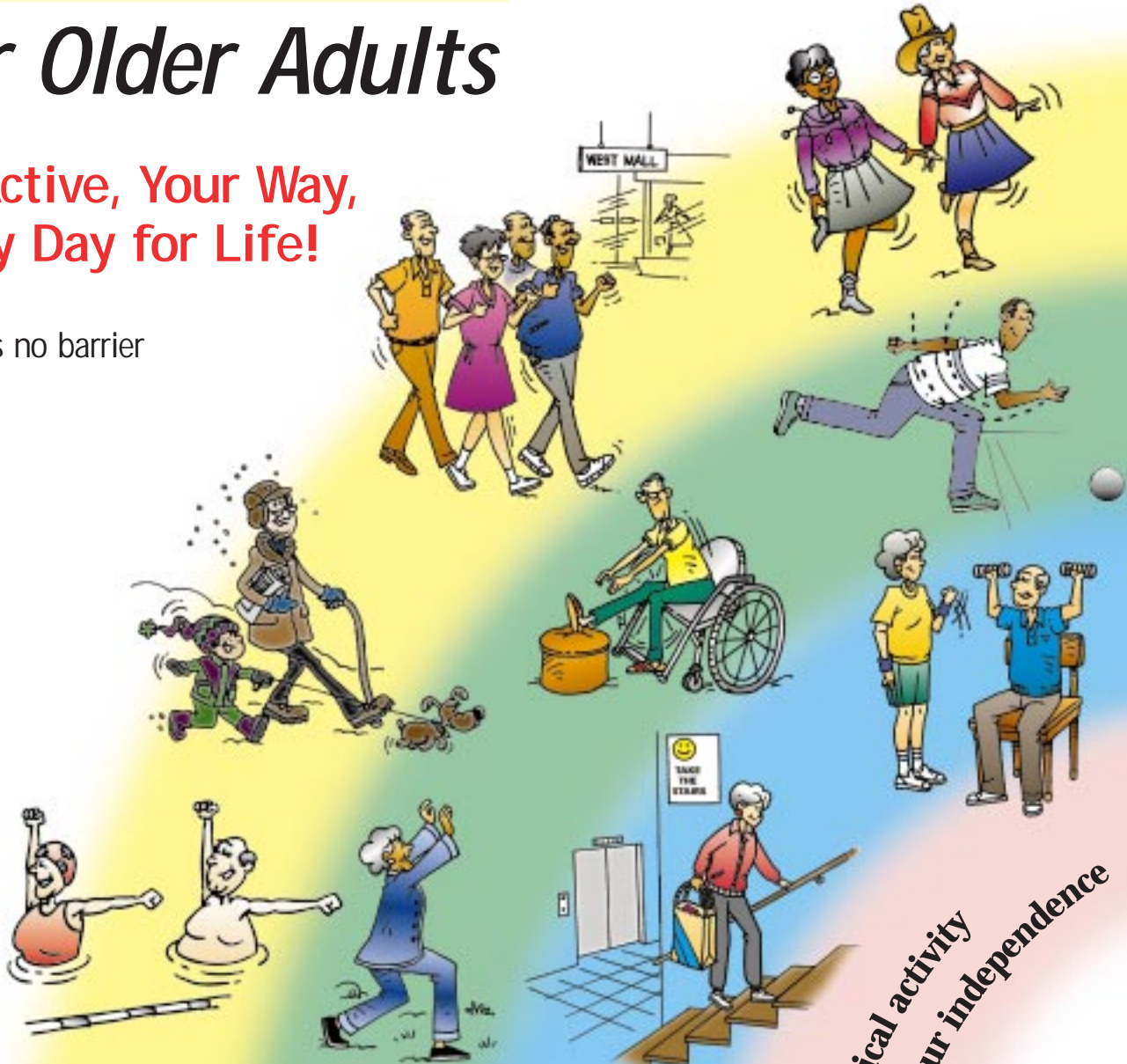
Physical Activity Guide

to Healthy Active Living

for Older Adults

Be Active, Your Way, Every Day for Life!

- Age is no barrier



**Increase
Endurance
Activities**
4-7 days
a week

**Increase
Flexibility
Activities**
Daily

**Increase
Strength &
Balance
Activities**
2-4 days
a week

*Physical activity
prolongs your independence*



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Exercise Physiology

Being active is very safe for most people

Start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult with a health-care professional.

Choose a variety of activities from each of these three groups:

Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

Flexibility

- Gentle reaching, bending, and stretching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong
- Prevent bone loss

Getting started is easier than you think

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk wherever and whenever you can.
- Start slowly with easy stretching.
- Move around frequently.
- Take the stairs instead of the elevator.
- Carry home the groceries.
- Find activities that you enjoy.
- Try out a class in your community.

For a free copy of the companion *Handbook* and more information: **1-888-334-9769**, or *Web site*: **www.paguide.com**

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.



Benefits increase as physical activity increases

Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun

Benefits from regular physical activity:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- 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

Scientists have proved that

Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death

to Healthy Active Living

for Older Adults

Sunday	Monday	Tuesday	Wednesday



er, Be Better

than you think. Keep track of your activities. Record your progress.

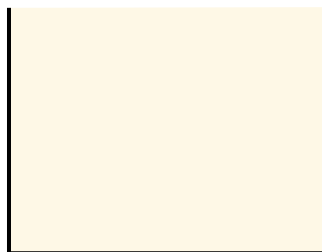
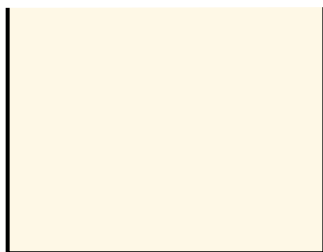
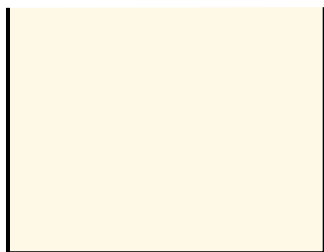
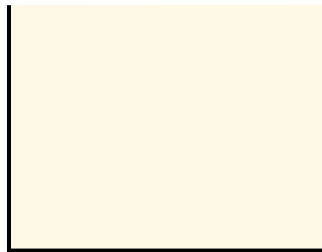
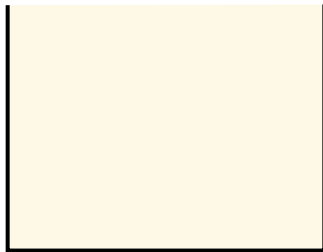
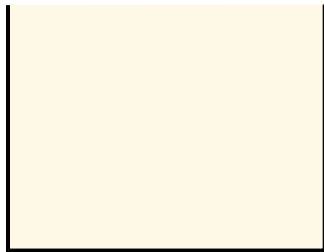
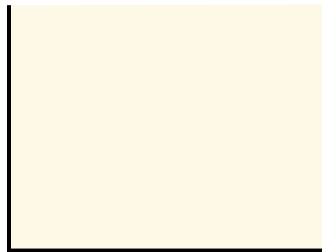
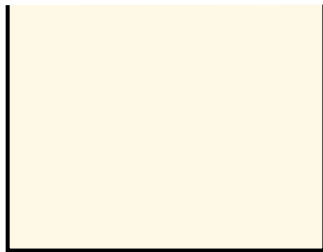
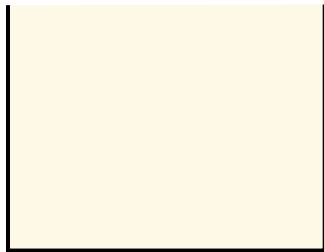
Thursday



Friday



Saturday



I have concerns about my heart? ...I'm afraid that physical activity will do more harm than good.

Doctors usually recommend activity programs for heart patients. Talk to your doctor or other health-care professional and choose a program that is right for you.

They will probably recommend walking, which is one of the best activities to stimulate your circulation, improve the pumping of your heart, strengthen your lungs, improve your mood, and provide energy to your muscles.

Check out some good walking paths in your community and do one each day to get you started. Ask a friend to join you and make your walk a social outing. Join a mall-walking program where you can meet new people.

Here are some suggested activities:

- Walking at a moderate pace progressing to a brisk pace as you are able
- Swimming
- Dancing
- Skating
- Cross-country skiing
- Cycling
- Specialized programs for people with heart conditions



I am unsteady on my feet?

If your balance is poor, start by doing some activities on a chair, on your bed, or supported by a wall. As you feel stronger, add more activities. You will notice that your strength and balance increase as you progress. If you are not sure what to do, seek help from a health-care professional.

Here are some ideas to get you started:

- Exercises in a sitting or lying position
- Simple yoga movements or stretching
- Slow walking with a cane or with the support of a friend
- Leg and ankle strengthening
- T'ai Chi
- Line dancing while holding hands

I'm afraid to go out in winter?

There are devices to help you deal with the ice and snow. You can get “picks” to add to your cane to grip the ice. Get some boots that will give your feet a firm grip. Some people use old ski poles to steady themselves or they buy cleats for their boots. If you still feel that it is unsafe for you to walk outside, try a mall-walking program or, if you live in an apartment, walk the halls.

Check out activity programs in your neighbourhood. Often the staff can help you arrange transportation to an activity. Check out what your neighbours and friends are doing and see if you can join them.

The key is to keep moving, even in winter.



I don't have much time... so which activity is best?

It's best to choose activities that you like and build them into your daily routine. As long as you choose activities from each of the three groups – endurance, flexibility, and strength and balance – your program will give you health benefits and improved function and quality of life.

- Move frequently
- Dance
- Vacuum
- Walk the stairs in your house or apartment
- Wash the floors
- Do some stretches
- Clean up one of the shelves in your kitchen cupboards
- Go for a ten-minute walk
- Walk to the grocery store and carry home the groceries
- Wash and wax the car

Every little bit helps, but more is better. The more you do, the better you'll feel. Increase your activities as your body adjusts to your new physically active lifestyle.

Being active is easier than you think

Let's look at a typical week for someone like you who is physically active...

Add it up – 30 to 60 minutes a day built right into your routine

Use the Calendar on the back of the Guide to plan your week

Sunday	Stretching	Meet bird-watching group for the afternoon		Walk to a friend's house and back after dinner (10 minutes each way)
Monday	Take the linen off the beds and wash, re-make the beds	Aqua fitness class at community centre (45 minutes)		Walk with a friend after supper (15 minutes)
Tuesday	Clean some shelves in the kitchen	Walk to the park in summer, in the mall in winter (30 minutes)	Wash the kitchen floor, or wash and wax the car	Lift some weights or soup cans to strengthen arms
Wednesday	"Stretch and hold" exercises	Go to the store and carry home the groceries (30 minutes)	Work in the yard	Walk after supper with grandchildren and their dog
Thursday	Stretching	Walk to the doctor's office or some other appointment (20 minutes)		Folk dance class at community centre (30 minutes)
Friday	"Stretch and hold" exercises	Go to the mall and take stairs instead of elevator – meet some friends for lunch	Lift some weights while watching TV – focus on arms	Work in yard
Saturday	Try a yoga program on TV	Go to the store and carry home groceries (30 minutes)	Vacuum (10 minutes)	Lift some weights while watching TV – focus on legs

- Be physically active every day
- Start where you can and gradually build up
- Every little bit counts
- Add it up! Add up a variety of activities each day in order to reach your goals

Meet Maria

Maria is 80 years old and frail. She walks with a cane. At her last check-up her doctor told her she needed to build more physical activity into her life. She laughed, “Doctor, I’m 80 years old and now I’m supposed to worry about getting exercise?” “You will, if you want to stay living independently,” her doctor told her. “If you sit around cooped up in your house, you will get weaker and weaker and soon you won’t be able to do the things you want to do.” Maria was shocked. She thought about getting out, but she was too tired.

Bird-watching with a friend got her attention

One day a friend of hers told her that she was walking every day and had taken up bird-watching with others. Her friend suggested they go together. As Maria made friends in the group she found out about a yoga class for people just like her and she joined that as well.

More active, feeling stronger

She still walks with a cane or with the support of a friend but enjoys walking in the outdoors or at the mall. She admits she now has more energy.



Meet Jason

Jason is 68. He had a mild heart attack. He was sedentary and his doctor insisted that he needed to be more physically active. His first reaction was fear that strenuous activity would cause another attack. However, his doctor referred him to a local Cardiac Rehabilitation Program. “Start slowly and progress gradually,” his doctor said. “You’ll feel better, your heart muscle will grow stronger, and you will be able to do more of the things you want to do with less worry.”

Met other people with heart trouble and started to feel better

Jason was a little nervous the first day he went to the program but the instructors and other participants made him feel welcome very quickly. The program involved walking and stationary cycling, and an instructor led the group through flexibility, endurance, and strength activities. Jason was shown how to monitor his heart rate and effort level and to learn what the right activity level “felt like.” Other participants shared their experiences with Jason, telling him how much better they felt as a result of the program.

No longer afraid and feeling much more able

After a couple of months, Jason was feeling pretty good and had really built-up his confidence. The program meets twice a week and he wouldn’t miss it for anything. He and a few buddies from the program also get together a few times a week on their own to go for a walk, ride the stationary



bike, or go for a swim at the community centre. They plan to do some cycling on the local bike trails when the warmer weather comes. Jason finds himself taking the stairs instead of the elevator most of the time, and he is no longer out of breath doing simple tasks around the house.

Meet Elsa

Elsa is 75. She had always loved the water, but she didn't have the energy to go swimming as she had done when she was younger. She missed her activities and was beginning to spend a lot of time watching TV. The more she sat around, the more tired she got. She was beginning to find that even simple chores around the house were becoming difficult. She was having trouble washing and combing her own hair. She was worried. She did not want to end up dependent on her family – she enjoyed her independence, but her physical limitations were beginning to scare her.

Family helps to get Elsa moving

When Elsa's daughter tried to find out what was bothering her mother, all she heard was, "I'm just getting too old." Elsa's daughter went to the Y and looked for some literature about helping older adults cope and then talked to a professional. She offered to take Elsa to the Y and help her try some things.

Her love of the water got her active again

At the pool, Elsa saw a class of older women just like her in the water. They were joking and laughing and seemed to be having such a good time. They were doing water aerobics in a heated pool. Maybe I could do that, she thought. The instructor suggested that Elsa come and try a couple of classes before she signed up. After a few weeks, she found herself actually enjoying it and making some new friends as well. The instructor was helping



her build up the strength in her arms as well with small weights before the water program. She now feels stronger and more able to cope and is not as fearful about losing her independence and quality of life. She now has no trouble washing and combing her hair. Her new friends asked her to join them for a mall-walking program in the winter, and in the summer they walk in the neighbourhood park.

Meet Li

Li is 65. She is a small woman and has never been very strong, but she has always loved gardening. She had become very depressed and bored after she retired from her job. She began to sleep a lot and rarely did any activity. She missed her yard since she moved to an apartment and did not know what to do with her time.

Community garden allotments help Li get active again

Li's friends began to worry about her and found her a garden plot very close to the seniors' apartments where she was living. Li was thrilled and determined to make it the best garden on the block. Every day she is out there digging, weeding, planting, and trimming...and her energy level has improved. But what was she going to do in the winter? One of the other gardeners told her about a mall-walking program and asked her to join it with her. Through her new friends she found out about a T'ai Chi class as well, and she loves it so much she now does it summer and winter. Getting physically active changed Li's life. She has a whole group of new friends. Her spirits have lifted and she feels stronger and more secure.



Meet Louis

Louis is 72. He was very active until he retired and then his life changed. He began to sit around, read, and watch TV – after all, he was retired and it was time to take it easy. He soon found himself getting very sluggish and stiff. Often he found himself staying in bed until noon and yet he was still tired.

Friend tells him to get moving

“Just because you have retired doesn't mean you can sit around all the time,” his friend told him. “Your body needs to move to live.” Louis decided to join a physical activity program at his community centre with his friend. They had special rates for seniors so it wasn't going to cost him very much. A fitness professional at the community centre helped him develop a program that would build his strength and endurance as well as increase his flexibility. At first, he found it hard. His muscles were out of shape, but he kept at it. He has found some buddies his own age and they encourage



each other on the stationary bikes and in the weight room. His energy has improved and he no longer feels sluggish and tired.

Taking the first step is the hardest part

Just like you, all of these people had to take a first step. Healthy aging and independent living depend upon physical activity. What types of activities interest you? Choose something that you want to do. Start slowly and build up gradually until you are able to do 30 to 60 minutes of moderate activity most days of the week.

And remember, choose activities that will:

- build your endurance;
- increase your flexibility; and
- improve your strength and balance.

If you still don't know what you would like to do, maybe your first step is to get more information and more ideas from health-care professionals, community centres, and your friends.

My next steps

Preserving my health and prolonging my independence are important to me

Review all the things that you checked off as you were reading this Handbook. These ideas will help you to make a plan for yourself!

My next steps – My first goals:

- I am going to post the *Guide* on my refrigerator to remind me to stay active.
- I will walk for at least 10 minutes every day.
- I will move around frequently during the day.
- I am going to stretch every day.
- I am going to check out activity programs at my community centre.
- I will carry my groceries.
- I am going to dance to my favourite music.
- I will walk instead of drive every chance I get.
- I will use the stairs instead of the elevator.
- I will do at least one activity from each of the three activity groups every day.
- I am going to wash and wax the car myself.
- I am going to get off the bus one stop earlier and walk.
- I am going to find a friend to be active with.
- I am _____
- I am _____
- I am _____
- I want to _____
- I want to _____

If you still can't decide:

- Talk to your doctor, a health-care provider, or someone at the community centre.
- Check out group activities that might interest you. Sometimes it is easier to get started if you do something with a group of people.
- Talk to your friends about what they are doing to stay active.
- Try new things. This can help you to get moving and have fun.

You can meet new people and improve your health!

Check out these community contacts to see what can help you build physical activity into your life:

- Talk to the local recreation department to see what programs they have for older adults;
- Ask about safe walking paths and mall-walking programs in your community;
- Check out the seniors' centres in your neighbourhood;
- Ask the local Y or fitness clubs if they have programs at a reduced cost for older adults;
- Visit health centres and clinics to help you plan a program;
- Ask physicians or other health-care providers to help you decide what's right for you;
- Approach health organizations such as The Osteoporosis Society, Heart and Stroke Foundation, and The Arthritis Society to help you choose programs that are right for you;
- Visit libraries and bookstores to get information about physical activity; and
- Ask your local health department to help you find what is available in your community.

Communities can make it easier for everyone to be more physically active.

An active living community helps make active choices easy choices by:

- encouraging community use of schools for older adult physical activity programs;
- recruiting older adults as volunteers in supervising young children in active (walking) transportation to and from school;
- promoting physical activity in community parks, recreation facilities, older adult residences, and special events;
- opening shopping centres to facilitate walking programs in the winter;
- facilitating transportation to and from physical activity programs for older adults in need; and
- sponsoring safe, active transportation through bike paths and lanes, well-lit and scenic walking trails, pedestrian-friendly neighbourhoods, snow- and ice-cleared walkways, and secure bike parking at local businesses.

Ask your community leaders what they are doing to help people like you be physically active in your community.

Endorsers

The following organizations have endorsed *Canada's Physical Activity Guide to Healthy Active Living for Older Adults*:

- Active Living Alliance for Canadians with a Disability
- Active Living Canada
- The Arthritis Society
- Asthma Society of Canada
- CARP, Canada's Association for the Fifty-Plus
- Canadian Academy of Sport Medicine
- Canadian Association for the Advancement of Women & Sport & Physical Activity
- Canadian Association for Community Care
- Canadian Association of Cardiac Rehabilitation
- Canadian Association of Gerontology
- Canadian Association of Occupational Therapists
- Canadian Association of Social Workers
- Canadian Cancer Society
- Canadian Centre for Activity and Aging
- Canadian Centre for Occupational Health & Safety
- Canadian Centre for Stress and Well-Being
- Canadian Chiropractic Association
- Canadian Diabetes Association
- Canadian Ethnocultural Council
- Canadian Fitness and Lifestyle Research Institute
- Canadian Forces Personnel Support Agency
- Canadian Home Care Association
- Canadian Institute of Planners
- Canadian Massage Therapist Alliance
- Canadian MedicAlert Foundation
- Canadian Mental Health Association
- The Canadian National Institute for the Blind
- Canadian Nurses Association
- Canadian Parks and Recreation Association
- The Canadian Physiotherapy Association
- Northern Educational Centre for Aging and Health
- Canadian Public Health Association
- Canadian Red Cross
- Canadian Senior Games Association
- The College of Family Physicians of Canada
- Dietitians of Canada
- Elderhostel Canada
- Federal Superannuates National Association
- Federation of Canadian Municipalities
- Go for Green
- Heart and Stroke Foundation of Canada
- Industrial Accident Prevention Association
- Institute for Positive Health for Seniors
- The Lung Association
- National Aboriginal Diabetes Association
- The National Advisory Council on Aging
- National Indian & Inuit Community Health Representatives Organization
- National Pensioners and Senior Citizens Federation
- One Voice, The Canadian Seniors Network
- The Osteoporosis Society of Canada
- ParticipACTION
- The Royal Canadian Legion
- Society of Obstetricians and Gynaecologists of Canada
- Victorian Order of Nurses for Canada
- YMCA Canada
- YWCA of Canada

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