



BEECHWORTH
HEALTH SERVICE

Staying active at home

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Introduction

- Physical activity guidelines
- Safety while exercising
- Areas: Strength, Cardiovascular fitness, Balance
- Resources: Information and videos
- Alternatives to gym equipment
- Incidental exercise ideas
- Tips to get motivated
- Ellie top tips to keep going!

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Physical Activity Guidelines

Adults over 65 or older:

- 30 mins of moderate intensity physical activity on most if not all days
- Aim for at least 150 mins of moderate activity/week
- Or 75 minutes vigorous high intensity every week
- Activities to work & strengthen your muscles: 2+/week

Moderate intensity:

- Raise your heart rate & break a sweat
- Examples:
 - walking fast
 - doing water aerobics
 - ballroom and line dancing
 - riding a bike on level ground or with a few hills
 - playing doubles tennis
 - pushing a lawn mower

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Benefits of physical activity

- Improved ability to undertake daily living tasks
- Opportunities for social interaction
- Boost self-esteem mood & mental wellbeing
- Improved balance
- Increased energy
- Increased mobility
- Reduced risk of falls
- Preventing or managing arthritis, osteoporosis, diabetes and heart disease
- Speeding up recovery from illness

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Psychological benefits to exercising

- Improved mood. When we exercise our brain produces endorphins. These endorphins have a positive impact on our mood, energy levels and sense of well-being.
- Better manage anxiety levels. When we feel threatened our body produces a fight and flight response- which can lead to increased heart rate and quicker breathing. Exercise also causes these symptoms and so when we exercise we are retraining our brain to associate these symptoms with safety rather than fear.
- Decrease in depressive symptoms. Even a single bout of exercise has been shown to be effective in reducing the symptoms of depression.
- Better quality/ Longer duration sleep. Exercise has been shown to increase the time spent in 'deep' sleep phase which is the most important for physical and psychological restoration.

<https://www.youtube.com/watch?v=BHY0FxoKZE> : The brain-changing benefits of exercise | Wendy Suzuki TED Talk

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Stay safe while you exercise

- 1 Listen to your body! You should be working at an intensity where you can still talk but cannot sing. If an exercise is too hard for you skip it or modify it. Stop to hydrate when you need.
- 2 Make sure you are in reach of a kitchen bench, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something.
- 3 Start slowly and increase your amount of exercise gradually over the next month. If you go from nothing to 5 days, 2 sessions a day you will be at risk of injury.
- 4 Wear appropriate shoes and clothes to exercise. Runners that fit well are your best bet! Wear breathable clothing, not thermals!!
- 5 Make sure your environment is clutter free and has nothing for you to trip on like rugs or power cords.
- 6 Consult your GP about what exercise is appropriate for you if you have medical conditions.

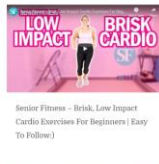
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Exercise videos

Senior Fitness with Meredith

<https://www.seniorfitnesswithmeredith.com>

Podcasts/Workouts
Articles/Information



Senior Fitness - Brisk, Low Impact Cardio Exercises For Beginners | Easy To Follow



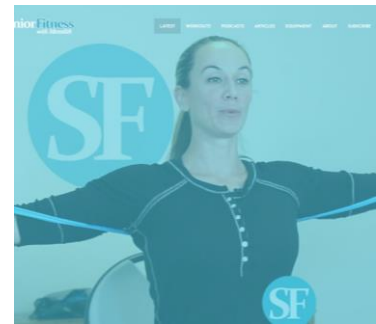
Resistance Bands Workout For Seniors Standing And Seated | Senior Fitness Livestream



Senior Fitness - Standing Balance Exercises For Seniors And Beginners | 20 MIN



HIIT Workout For Seniors Standing And Seated | Senior Fitness Livestream



WORKOUTS

SEARCH WORKOUTS

OR SELECT A WORKOUT CATEGORY, UN-CHECK TO CLEAR.

- | | |
|--|--|
| <input type="radio"/> Advanced Level | <input type="radio"/> Low Impact Workouts |
| <input type="radio"/> Beginner Level | <input type="radio"/> Posture And Balance |
| <input type="radio"/> Boxing Workouts | <input type="radio"/> Resistance Training |
| <input type="radio"/> Cardio Exercises | <input type="radio"/> Seated Exercises |
| <input type="radio"/> Core Workouts | <input type="radio"/> Stretching Exercises |
| <input type="radio"/> HIIT Workouts | <input type="radio"/> Using Playground Ball |
| <input type="radio"/> Intermediate Level | <input type="radio"/> Using Resistance Bands |
| <input type="radio"/> Learning Level | <input type="radio"/> Using Weights |
| <input type="radio"/> Livestreams | <input type="radio"/> Yoga |

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Exercise videos

Strength for Life

<https://www.cotansw.com.au/programs-SFL-exercises>



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Exercise videos

Yoga with Adrienne
<https://yogawithadrienne.com/>

Yoga with Adriene

Yoga with Adriene was recognized by Google as the most searched workout of 2015, was recognized by The Wall Street Journal, and was awarded a Streamy in Health and Wellness in 2016.



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Get Active with Ellie!

- TheraBand
- Strength
- Balance



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Incidental activity opportunities

- Cleaning your teeth
- Take the long way to the shops
- Gardening/yard work
- Kettle exercises
- Put on music to do your housework
- Phone a friend and go for a walk inside/outside
- Water bottles
- Food tins
- TheraBands
- Wall and doors
- Steps
- Broom handles
- Watching TV

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Resources

- Safe exercise at home
- Keeping Well at Home
- Staying active on your feet
- Health Direct
- Better Health Channel
- Thera – Band Manual
- Well for Life - DHHS
- Nutrition Australia
- <https://nutritionaustralia.org/category/recipes/>
- Cook Well Eat Well
<https://www.cookwelleatwell.org.au/>

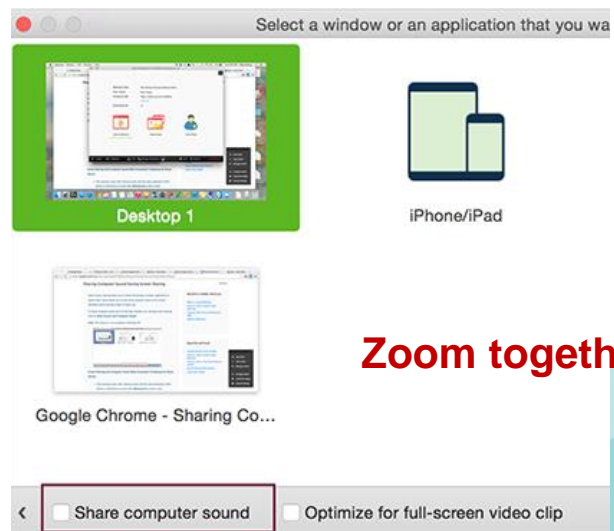
Tips to stay motivated

- 1 • **Plan:** what exercise you will do & time each day
- 2 • Tell someone about your plans or write them down – put them in your diary!
- 3 • Choose activities you enjoy
- 4 • Start with small changes
- 5 • Try to increase each day – use a diary, activity monitor, phone app or smart watch
- 6 • Focus on what you have achieved

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How to make it fun

1. Find an exercise buddy
2. Embrace your inner child
3. Explore the local community
4. Be kind to yourself
5. Up for a challenge
6. Be realistic - Don't beat yourself up
7. Keep a diary or training journey
8. Reward yourself



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Health and Wellbeing

- Look after your health & wellbeing:
 - be physically active
 - maintain a healthy weight
 - choose amounts of nutritious food & drinks to meet your energy needs

- ✓ Maintain muscle strength
- ✓ Health Weight (*If over 65 years, better to carry a little extra weight than to be malnourished and restricting diet!*)

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Ellie Top Tips!!

- | | |
|---|--|
| <p>1</p> <ul style="list-style-type: none"> • Do it for enjoyment rather than exercise: There is no 'one size fits all' approach to exercise. Find something that YOU enjoy and pursue that. You might need to try 20 different styles of exercise before you find the right fit! | <p>4</p> <ul style="list-style-type: none"> • Track your workouts, get a notebook or diary and write down how you were active each day. This keeps you accountable and there is a sense of achievement at the end of week. |
| <p>2</p> <ul style="list-style-type: none"> • Don't expect results overnight: Starting a new exercise program is the hardest part! It takes our body 3 weeks of being inactive to lose muscle mass but takes 3 months to build it. | <p>5</p> <ul style="list-style-type: none"> • Every time you hop up from a chair, make yourself do 5-10 sit-to-stand exercises. No hand support if possible. |
| <p>3</p> <ul style="list-style-type: none"> • Sit less, move more! Limit your sedentary time for example if your watching a tv show make sure you get up and move every ad break. | <p>6</p> <ul style="list-style-type: none"> • Incorporate some balance into your regular program, even if you don't currently have issue with balance. Your 80 or 90 year old self will thank you for it! |

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