



Implications for the Older Adult

Why Be Physically Active?

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of high blood pressure
- Lower risk of type 2 diabetes
- Lower risk of adverse lipid profile
- Lower risk of cancers
- Lower risk of falls and fall-related injury
- Reduced risk of dementia (Alzheimer's)
- Reduced anxiety
- Reduced risk of depression
- Improve cognition
- Improved bone health
- Improved physical function
- Improved sleep
- Improved quality of life
- Weight loss / maintain optimal weight

5 Components of Physical Fitness

- **Cardiorespiratory Fitness** – the ability to perform whole body exercise at moderate to vigorous intensities over time
- **Musculoskeletal Fitness** – muscle strength/endurance/power for work
- **Flexibility** – range of motion available at a joint or group of joints
- **Balance** – maintaining equilibrium while moving or while stationary
- **Speed** – ability to move the body quickly

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Aerobic Exercise

Physical Activity Guidelines for Older Adults (65+ years)



Strength Training



Multicomponent Exercise

As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.

MOVE YOUR WAY Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

AND

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Developing the Physical Activity Guidelines

The *Physical Activity Guidelines for Americans* is issued by the U.S. Department of Health and Human Services. It complements the *Dietary Guidelines for Americans*. Together, the two documents provide guidance for the public on the importance of being physically active and eating a healthy diet to promote good health and reduce the risk of chronic diseases.

U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd ed.* Washington, DC: U.S. Department of Health and Human Services; 2018.
https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

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