

10 tips to be more active

Elderly

1. Each step is important! Being active is a great way to contribute to good health and to stay independent.

2. It is good for your health to be active every day, in as many ways as possible. Do DIY activities, gardening, use the stairs. If you have an exercise bike, try to use it.

3. Go shopping on foot. If you have to go too far to walk, take public transport and get off one stop earlier so you can walk a little bit further.

4. Enjoy your leisure time actively with activities like tai chi, bowling, water sports and different types of dancing, in pairs or in groups.

5. Organize your time so that you do some physical activity every day. You should aim to walk for at least 30 min daily, breaking it up into smaller chunks of time (10 min) throughout the day, or accumulate 10,000 steps over the course of the day (you can use a pedometer to help judge this).

6. Sign up for a trekking group. When spending time with friends or relatives, walk with them somewhere, instead of sitting around.

7. Volunteer or take part in community groups doing active tasks.

8. Play with your grandchildren. If you take them walking to school, you will all benefit from it.

9. When watching TV, take advantage of the ad breaks to take active breaks, by getting up from the chair, walking or do some stretching exercises for arms and legs.

10. While talking on the phone, stay standing up, or walk up and down the corridor at home.

