

## DAILY WALK



When older adults cannot follow the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow. It is also advised to seek professional help should difficulties be encountered while carrying out physical activity.



TO KNOW MORE ABOUT THE IMPORTANCE OF PHYSICAL ACTIVITY CALL US ON **2326 6000**

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OFFICE OF THE DEPUTY PRIME MINISTER  
MINISTRY FOR HEALTH

# BE ACTIVE.

Recommendations on Physical Activity **65+**



## What is Moderate and Vigorous Physical Activity?

The intensity of different forms of physical activity varies between people. If you perform a moderate intensity activity, you will be able to talk, but with some difficulty, during the activity. If you are doing a vigorous intensity activity, you will not be able to say more than a few words without taking a breath.

Examples of moderate physical activity include; a fast walk, swimming, dancing and gardening

Examples of vigorous physical activity include; a brisk jog, fast-swimming & playing a sport



MODERATE

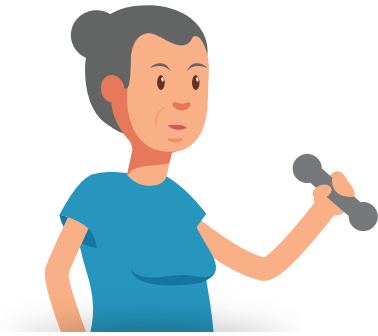


VIGOROUS

# PHYSICAL ACTIVITY WHO Guidelines

## BE ACTIVE

150 Mins. Moderate  
75 Mins. Vigorous



### How much do I need to do?

Older adults, aged 65 years and older, should engage for a minimum of 150 minutes of moderate-intensity of physical activity, or at least 75 minutes of vigorous intensity physical activity, over one week. An equivalent combination of moderate and vigorous-intensity activity can also be done.

This physical activity can be carried out in one session or in smaller session of 10 minutes or longer.

For additional health benefits, older adults should increase their moderate intensity physical activity to 300 minutes per week or engage in 150 minutes of vigorous-intensity physical activity per week (or an equivalent combination of moderate-and vigorous-intensity activity).

### Why?

Benefits of physical activity include improvement in heart and lung health, the strength and endurance of the bodies muscles as well as bone health. In addition, physical activity helps in reducing the risk of chronic diseases, depression and loss in memory.

VIGOROUS	MODERATE
Run	Walk
Sport	Dancing
Fast Swim	Swim

## Improving Balance

Older adults with poor mobility should perform physical activity on 3 or more days per week to enhance balance and prevent falls

## Improving Strength

Muscle-strengthening activities, should be done on 2 or more days a week. This will help in everyday activities such as climbing the stairs and carrying groceries.

2 DAYS STRENGTH TRAINING PER WEEK



### Examples of Strength training

Gym	Dance	<b>Reduce</b>
Yoga	Pilates	
Carry Bags	Bowling	

Computer
Sofa
TV