

# INFORMATION FOR OLDER PEOPLE

## Why is staying active important?

Regular physical activity and exercise are vital for older people. They help maintain fitness, strength and balance, and can improve thinking and mood. This assists older people in maintaining their ability to do daily activities and live independently.

Public health guidelines recommend all older people should be active every day. **Any movement is better than none.**

There are extra benefits from activities that promote strength, balance, fitness and flexibility. Choose an activity you enjoy; start slowly and gradually build up. Similar recommendations apply to people of any age, including those with health conditions or walking problems. Physiotherapists from around Australia developed the Safe Exercise at Home website and booklet, which provide advice on exercises you can do at home. These physiotherapists are experts in exercise and physical activity for older people and people with health problems.

The information on the Safe Exercise at Home website and booklet are not intended to replace individual health professional care. Please talk to a health professional before you start an exercise program, especially if you have existing health, walking or balance problems.



# SAFE EXERCISE AT HOME

The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

This website is **not intended to replace individual health professional care.**

If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.