



Rx for Physical Activity in Older Adults

Treat physical activity like a daily dose of medicine! Any movement is good—you don't need to sweat to get benefit.

1) Make the most of natural opportunities for movement!

- ☐ Stand up during commercial breaks
- ☐ Use the stairs
- ☐ Stand up to eat breakfast
- ☐ Sit or stand up to meet friends
- ☐ Park the car further away from the store
- ☐ Stand up after each hand of a card game
- ☐ Stand up after finishing a book chapter

2) Try moving every 30 minutes

Don't know where to start? Try these simple exercises...

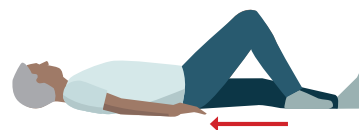
Repeat these exercises as often as you'd like and as fast as you'd like.

☐ Hip slides



Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.

☐ Heel slides



Bend one knee, then slide foot back down to extend leg.

☐ Elbow bends*



Bend your elbows and curl your arms up towards your chest.

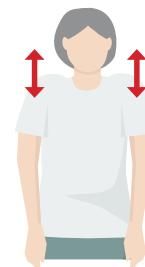
*Soup cans may be used as weights.

☐ Arm raise



Slowly lift arm as far over head as possible, then lower back down.

☐ Shoulder shrug



Raise the top of your shoulders toward your ears and then back down.

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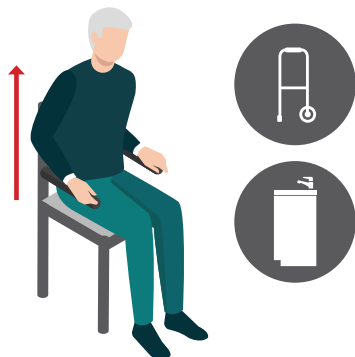
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continued from the other side

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Get up from chair*



Hold armrest of your chair.
Slowly stand, feeling the
weight through your feet.

*Put your walker in front of you
and lock the brakes OR do this in
front of the kitchen sink!

Chair walks



Sitting in
a chair, lift
your right
leg and then
your left leg.

Side step



Hold on to the
kitchen sink. Step
one foot
sideways
and then
back
together.

Listen to
music if you
feel like it!

Kitchen sink standing heel lifts



Hold on to the
kitchen sink. Lift
one heel
up and
bring
it back
down.

Toe taps



Lift up one foot,
keeping the heel
on the
ground
like you're
tapping to
music.

If the exercises on this
handout don't interest
you, think about what
types of physical activity
you really enjoy, and
what types of support
you need to become
more active.

Your care team may also refer you to one of the following:**

- A community program for an activity that you enjoy
- An online activity program that meets your needs
- Specialized services for older adults so you can receive an assessment and program designed specifically for you

**Care providers call 211 and/or use thehealthline.ca for referral options

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