

GET THE MOST OUT OF LIFE...

Be ACTIVE!





Being *active,* a winning formula

2

Being active helps us stay alert and get the most out of life. Do you want to exercise more but just don't seem to get around to it? It's never too late to start. One of the benefits of improving physical fitness is that quality of life also improves.

Any activity is good: walking, swimming, dancing, physical fitness exercises, cross-country skiing, etc. Other activities such as raking leaves, gardening, washing the car, and walking or bicycling instead of taking the car are also part of the winning formula.

If you have grand-children, go outside and "play" with them. You can go swimming, bicycling, hiking, skating or snowshoeing, and have a good time together.

There are many opportunities for you to build up physical activity minutes and convert your time into pleasurable occasions that can be good for you. What counts is to have fun and to do it gradually. It's up to you to get going.

STAND UP AND BE COUNTED

Did you know that about 40% of people aged 65 and over are physically active enough and that their health benefits substantially from it?

THE MORE YOU MOVE, THE BETTER YOU FEEL

Physical activity helps us feel good, gives us the energy for everyday tasks, improves sleep, eases the effects of age, and reduces stress and the risk of developing certain diseases.

GET THE MOST OUT OF LIFE...

*Be
Active!*



Make the *MOVE*

Regardless of your age, sex or level of physical fitness, you can benefit from physical exercise. Do you feel like it would take too much effort to start? Then you should know that every 10-minute exercise period can be added to other periods of physical activity during the day.

The more active you are, the better it is for you. The target: a minimum of 30 minutes of moderate physical activity (that makes you sweat a bit and be slightly out of breath) almost every day, all year long. If you are someone who exercises every day, congratulations to you. Keep it up!

Changing from a sedentary to a physically active lifestyle requires some effort. Start by doing activities that you can easily build into your daily routine. For example, you could find an exercise programme to do at a regular time during the day, use the stairs more often, or walk a bit.

If 'a bit is already a lot, then more is even better!' So add more exercise time to what you already do. Walk whenever you get the opportunity, increase the duration and frequency of your exercise sessions, attend two or three exercise sessions a week instead of one.

To increase the number of opportunities to exercise, join a club or association, register in a class (physical fitness, aqua fitness, line dancing, etc.), or take up physical activities you used to do when you were younger by adapting them to your current physical condition.

GET THE MOST OUT OF LIFE...

*Be
Active!*



Everybody *Wins*

Physical activity slows down the ageing process and improves endurance, muscle strength, aerobic capacity and flexibility. Moving around is beneficial, even if you have a physical disability or a health problem such as:

"The greatest health risk for older adults is sedentary living."

WORLD HEALTH ORGANISATION
Geneva, 1997

4

- **Arthritis**

It is even more important that you do gentle movements every day to keep your joints flexible; they will be more mobile and will not cause pain. Here are a few suitable examples: home exercise programme, aqua fitness, specialty classes for people with arthritis, and Tai Chi.

- **Cardiovascular disease**

Exercising regularly and at your own pace stimulates blood circulation and improves the pumping of your heart. Walking, swimming, dancing, and stationary cycling are good examples.

- **Diabetes**

Exercise prevents diabetes. If you are diabetic, moving around can improve your body's sensitivity to insulin and, as a result, reduce your insulin requirements. The effects of exercise on glycaemia varies among people. Therefore, it is important to talk to your doctor before you start an exercise programme.

GET THE MOST OUT OF LIFE...

*Be
Active!*



POSITIVE RESULTS

Being in better health and better shape improves well-being. Moreover, group activities provide an opportunity to meet people and socialise.

- **Poor balance**

Over time, exercising will help improve your strength and balance. Start by doing exercises in a sitting position or while supporting yourself against a wall.

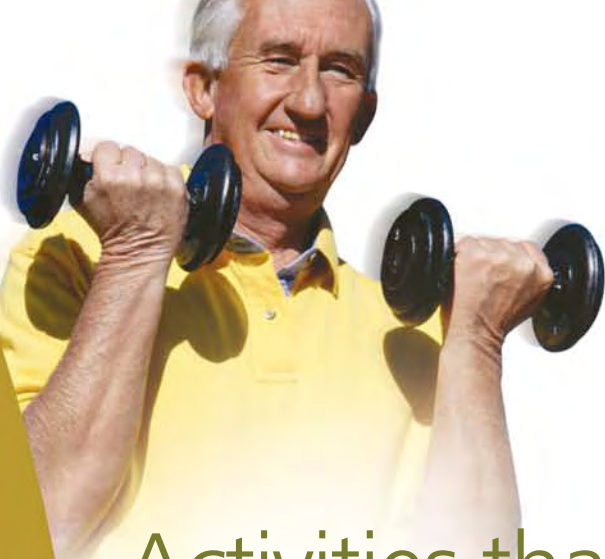
Physical activity is not dangerous for most people. Start slowly and build up. By increasing your opportunities to exercise, you will learn to live with your limits. If you have any concerns, talk to your doctor the next time you see him or her.

PHYSICAL ACTIVITY: AN ASSET

Exercising is very good for you, especially since it can help you maintain your independence.

GET THE MOST OUT OF LIFE...

Be Active!



Activities that *pay off*

Despite what some people may think, individuals aged 65 and over can benefit from bodybuilding. It is an effective and a safe way of increasing muscle mass, endurance and strength. Bodybuilding helps you improve your capacity for moving around and, in general, you will be able to lift and carry objects more easily.

Lifting weights or cans, going up stairs, following a body-building programme, stacking wood... all are good ways to exercise your muscles.

Flexibility exercises will help you keep your joints healthy and stay alert. Moreover, if you already practice some kind of physical activity, these exercises will improve your mobility.

Incorporating exercise into your lifestyle to increase your flexibility, strength, and muscular endurance will also help you stay independent. Everyday actions, such as carrying groceries or taking out garbage bags, opening jars, moving around, putting on shoes, reaching for an object on the top shelf, making the bed or getting in and out of the bathtub, will be easier for you to do.

It is not true that loss of muscular mass, endurance and strength is just a normal outcome of ageing. It results in large part from chronic physical inactivity that often accompanies ageing.

KINO-QUÉBEC, *L'activité physique, un déterminant de la qualité de vie des personnes de 65 ans et plus*, avis du Comité scientifique de Kino-Québec, 2002

GET THE MOST OUT OF LIFE...

*Be
Active!*



**GREATER
FREEDOM
OF MOVEMENT**

Flexibility exercises help maintain a broad range of movement and motor skills. Stretching exercises can provide relief from aches and pains that can set in as we get older.

First steps

Are you currently inactive? The following exercise programme will gradually introduce you to physical activity. Before you start, here is a bit of advice:

- have something at hand on which you can lean, such as a chair, table or wall, when you exercise standing up;
- wear comfortable clothes and flat shoes;
- breathe normally while exercising. If you feel any discomfort, slow down your movements and stop if the pain persists;
- exercise every day or almost every day; however, you do not have to do all the exercises during one session. Build up slowly;
- liven up your session by playing music that you like;
- if you want, you can increase the degree of difficulty of exercises 3 to 6 by using light weights (water bottles, cans, etc.)

**Suggested number of repetitions
for each exercise:**

5 to 15

(except exercises 2 and 10)

GET THE MOST OUT OF LIFE...

*Be
Active!*



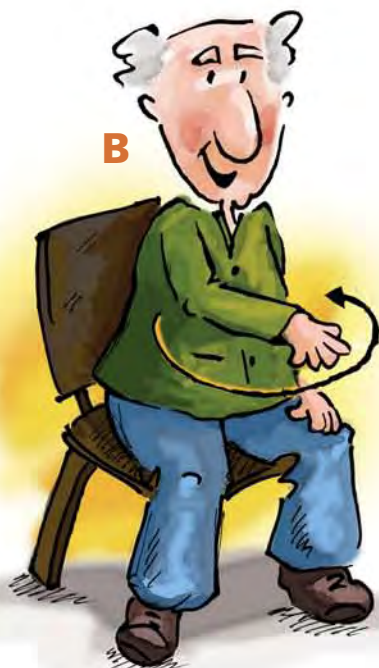
Exercise 1

Turn your head to the right, then to the left.



Exercise 2

Walk in place for 2 to 5 minutes.



Exercise 3

Sit down and make large circles with your arms, one arm at a time:

A vertically, as if you were washing windows;

B horizontally, as if you were dusting a table.

GET THE MOST OUT OF LIFE...

Be Active!



Exercise 4

Stand with knees bent slightly and bend sideways to the right and then to the left.



Exercise 5

Stand with arms hanging alongside the body and then bring forearms up. Keep elbows near the body. Bring arms back down to the starting position.



Exercise 6

Stand with arms hanging alongside the body. Lift them in front together, to shoulder height. Bring arms back down to the starting position.



Exercise 7

Sit on a chair that is against the wall. Sit and then get back up slowly.

N.B.: At first, put a cushion or a telephone book on the chair to make it easier.

GET THE MOST OUT OF LIFE...

Be Active!



Exercise 8

Stand and bend the right knee 90 degrees. Hold the position for a few seconds. Repeat the exercise with the other leg.



Exercise 9

Stand with feet together:
A) Lift the right leg to the side,
B) Repeat the exercise with the left leg.



Exercise 10

Stand with your hands against the wall. Place one foot behind the other, keeping the heel on the floor to stretch the calf. Toes should point towards the wall. Hold the position for a few seconds and then do it with the other leg. Repeat the exercise three times for each leg.

N.B. To start a full fitness programme, it is recommended to join a physical fitness centre, consult a physical activity professional centre or consult a physical activity professional.

GET THE MOST OUT OF LIFE...

Be Active!



Walking: a sure thing

Walking is one of the physical activities that is best suited to the body. It is simple to do and accessible to everyone. It is not the distance you cover or the speed at which you move that counts most but to walk as often as possible. Choose safe and pleasant routes. Walk at your own pace. You should never be so out of breath that you cannot have a conversation. If you do not like to walk alone, ask a friend or relative to go with you. You can also join a walking club.

So go ahead... walk a bit every day.

GET THE MOST OUT OF LIFE...

*Be
Active!*

Now that you have developed a taste for *exercise...*

At first, people stick to their physical activity programme but after a while, some lose their motivation. Here are a few tricks to help you stick with it:

- have fun;
- choose activities that you enjoy and that you are good at;
- give greater importance to activities that are accessible;
- choose proper and comfortable equipment
- build physical activity into your daily routine; for example, walk or bicycle instead of taking the car;
- start gradually and go at your own pace;
- have realistic expectations about the results;
- plan your physical activity sessions;
- move around in good company.

Jump at the opportunity One, two, three, *go*. it's your turn!

There is a way to enhance healthy ageing and to stay independent: moving around. No matter which activities you choose to do, you should have fun doing them. Remember: *'some is better than none'*. Start slowly and gradually increase your level of activity. Maybe the pleasure and well-being you get out of it will lead to *'more is better than some'*.

GET THE MOST OUT OF LIFE...

*Be
Active!*

PHOTO : MARCEL BLONDEAU



Material

designed especially for you

14

- ***La marche, pourquoi pas!***

Would you like to walk more? The pamphlet entitled *La marche... pourquoi pas!* contains practical information to make walking pleasant and safe. You can get a free copy by downloading it from the Kino-Québec Web site at www.kino-quebec.qc.ca, or by calling 418 646-6137, local 3649 (available in French only)

- ***Viactive Mise en forme***

The *Viactive Mise en forme* program includes six 15- to 30-minute exercise routines (circuit training, relaxation, around the world, muscle tone, dance, and stretching). It comes in a case containing an illustrated booklet and three audio cassettes. *Viactive Mise en forme* is produced by Kino-Québec and the FADOQ - Mouvement des Aînés du Québec (available in French only). To obtain a copy, send your name and address, and a cheque in the amount of \$30 made out to the **RRSSS de la Mauricie et du Centre-du-Québec** to:

Ms. Diane Carignan
RRSSS de la Mauricie et du Centre-du-Québec
570, Heriot, suite 5000
Drummondville (Québec) J2B 1C1

GET THE MOST OUT OF LIFE...

*Be
Active!*

Organisations that can keep you *informed*

For information on classes and other activities that are offered, contact your municipality or the seniors' group in your area.

If you would like to join a Viactive group or walking club, contact the Kino-Quebec consultant in your region. To find his or her telephone number, visit the Kino-Québec Web site at www.kino-quebec.qc.ca or contact Kino-Québec.

You can also obtain information on physical activity from your health and social services centre (Centre de santé et de services sociaux, CSSS).

Kino-Québec

Ministère de l'Éducation, du Loisir et du Sport

200, chemin Sainte-Foy, suite 4.40

Québec (Québec) G1R 6B2

Telephone: 418 646-6137, local 3649

Toll free: 1-866-747-6626



GET THE MOST OUT OF LIFE...

Be active!

© Gouvernement du Québec, 2008
Ministère de l'Éducation, du Loisir et du Sport
ISBN: 978-2-550-51978-2 (French printed edition)
ISBN: 978-2-550-51979-9 (PDF French version)
ISBN: 978-2-550-51980-5 (PDF English version)
Legal deposit 2008 - Bibliothèque et Archives nationales du Québec

Québec 

Kino-Québec is a program of the ministère de l'Éducation, du Loisir et du Sport, of the ministère de la Santé et des Services sociaux, and of the regional health and social services boards.