

Choose health: be active: a physical activity guide for older Australians

(2005)

Type: Booklet

Description:

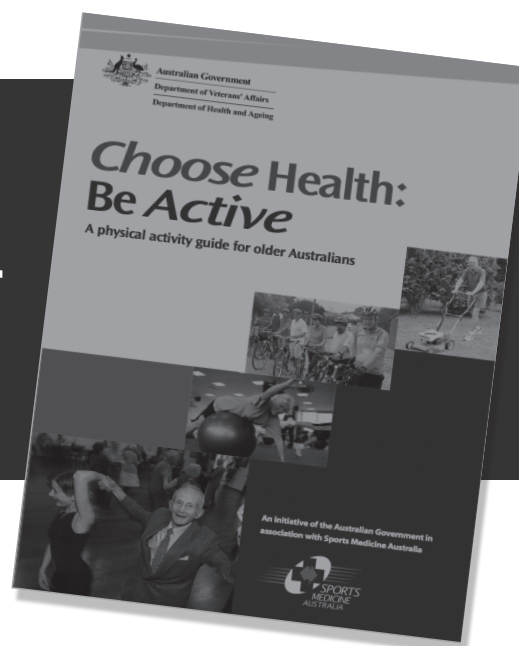
This booklet is designed to help older Australians be physically active for good health as they age. It is mainly for people who are not currently getting the recommended daily 30 minutes of physical activity in their lives, and are looking for ways they can do so.

This booklet includes specific information on exercising with chronic illness and has some advice about healthy eating. It explains what the physical activity guidelines are, why physical activity is important and includes a monthly activity plan to help people get started. There are also some low intensity exercise to try; stretching and balancing exercises and some others that can be done while watching TV.

When to use this resource:

This booklet can be given to older people and their carers to read, to motivate them to be physically active and stay healthy as they age. It can be used when discussing health issues with individuals or groups of older people, and has some good ideas on how to answer people's excuses for not exercising.

This is not an Indigenous specific resource.



Producer:

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To order copies of this resource

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