



# 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...

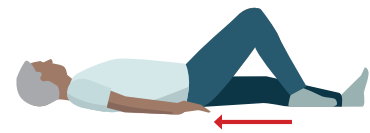
Repeat these exercises as often as you'd like and as fast as you'd like.

### Hip slides



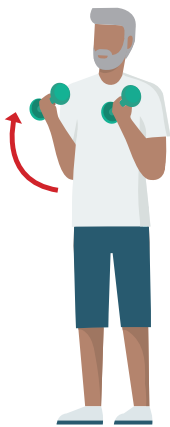
Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.

### 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.

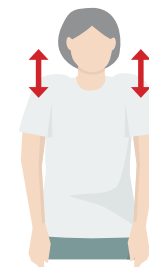
\*Soup cans may be used as weights.

### 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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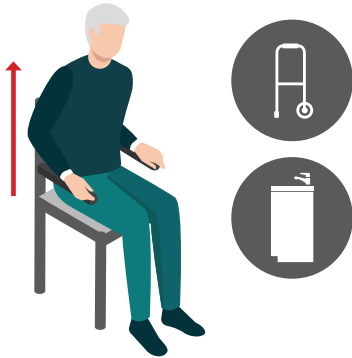
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continued from the other side

# Rx for Physical Activity in Older Adults

## 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](http://thehealthline.ca) for referral options

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