

STAY STRONG TO KEEP MOVING

A guide to
getting stronger.

Together we can stay strong to keep moving.

Stay strong to keep moving

The COVID-19 pandemic has meant people all over the world have spent more time at home than ever before.

We are spending more time sitting which is not good for our health, and many of us have found it difficult to keep exercising or start a new habit like strength and balance training.

This year

- have your physical activity goals been impacted?
- have you noticed a decline in your strength and balance?
- have you been thinking about beginning a new exercise habit but haven't been able to get motivated.

You are not alone

Arthritis NSW, Council on the Ageing (COTA), Diabetes NSW & ACT and The National Heart Foundation have joined forces to bring you some simple ways to be more active this summer.

It doesn't matter if you haven't been active for a while, making the decision and taking the first step to get moving is what matters.

If you're ready to take the next step we are here to help.

Joining a local walking group is a great opportunity to get active.

Muscle strengthening activities are important - try to do these two days a week.



Why getting active is important

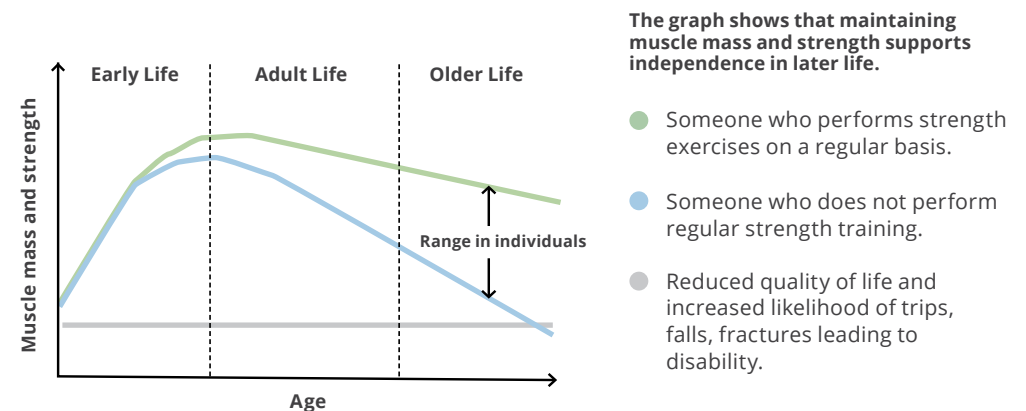
We all know that staying active is good for our health and wellbeing, but did you know that strength training has many positive benefits for the body and mind?

Strength training benefits include:

- Increasing muscles mass and strength
- Improving insulin sensitivity
- Improving joint health
- Improving cognitive function and reduces anxiety and depression
- Improving balance and confidence in the way you move
- Improving coordination and reduces your risk of falls and other injuries
- Increasing brain function and learning

It doesn't have to take a lot to start being more physically active, and it can be fun.

Joining a local Heart Foundation walking group is a great opportunity to get active, enjoy some fresh air, meet new people and boost your health and wellbeing.



Getting started is as easy as 1,2,3

1

Move more, sit less

Simply breaking up periods of prolonged sitting can have significant benefits for your health. This could be as simple as making sure you stand up and walk for 3-4 minutes every hour.

2

Find your 30 (or your 10)

It is recommended that adults do at least 30 minutes of physical activity on most days. If 30 minutes is too much, three lots of 10 minutes throughout the day is just as good.

Find more opportunities to move throughout the day.

If you are not currently doing any physical activity, you will benefit from starting to move. You can start slowly and gradually increase the amount you do over time.

3

Add some strength training

We lose muscle strength as we age. But the good news is we can slow, or even reverse this by doing some simple muscle strengthening exercises. Adding muscle strengthening exercises on two or more occasions each week will make all the difference.



Exercise isn't one size fits all. If you have any concerns talk to a healthcare professional about the types of exercise that are suitable for you.

An Accredited Exercise Professional can assist you in developing an exercise plan that suits your individual needs.

Simple exercises to try at home

Sit to stand

Getting up and down out of a chair is something we do every day. This exercise helps improve the strength in your legs and your balance by strengthening the muscles we use to stand and walk.

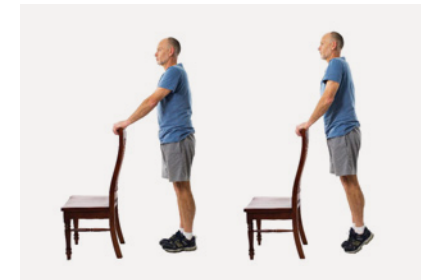
Repeat 8 – 10 times



Heel raises

Ankle and calf strength is important for balance. Using a chair for support, stand and slowly raise your heels until you are standing on the balls of your feet. Hold for a few seconds, then slowly lower yourself back to the floor.

Repeat 8 – 10 times

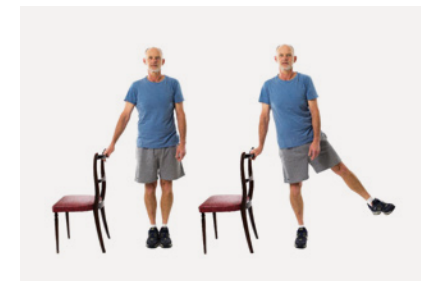


Side leg raise

Side leg raises help with balance and stability.

Using a chair or wall for support, stand on one leg, slowly raise the other leg out to the side while keeping it straight, and then slowly return back to the floor.

Repeat 8 – 10 times each side



We're here to help

If you're ready to take the next step we are here to help you find the activity that will assist you to stay strong and keep moving.

Strength training helps joints stay flexible and can reduce the symptoms of arthritis.



Living Longer Living Stronger Program

COTA's Strength and Balance Program (Living Longer Living Stronger) is designed to help people 50 plus improve their strength, mobility, and balance. Once you have a tailored exercise plan, you join a fun and friendly group where you can work towards your individual goals with a trained exercise professional.

To find out more: visit:
cotansw.com.au/programs



Heart Foundation Walking

Regular walking is one of the simplest ways we can improve our health, plus walking in a group has social benefits too. Heart Foundation Walking is Australia's largest free walking network, and we are here to help you get started.

To find out more visit:
walking.heartfoundation.org.au



Arthritis NSW Strength and Balance

The Arthritis NSW Strength and Balance Program is designed to help People living with arthritis and other musculoskeletal complaints.

This social program has been developed to build strength, manage pain, maintain and improve mobility and support healthy balance.

To find out more visit:
arthritisnsw.org.au



Beat It Program

Beat It is an eight-week physical activity and lifestyle program that includes moderate-intensity aerobic, strength and balance-based exercises, as well as education sessions on healthier living. Whether you have exercised before or need help getting started, Beat It will help you on your journey to a healthier, more active life.

To find out more visit:
diabetesnsw.com.au/education-events/



STAY STRONG TO KEEP MOVING

We're here to help.

Living Longer Living Stronger Program

To find out more visit: cotansw.com.au or call: **02 9286 3860**

Heart Foundation Walking

To find out more visit: walking.heartfoundation.org.au or call: **13 11 12**

Arthritis NSW Strength and Balance Program

To find out more visit: arthritisnsw.org.au or call: **02 9837 3300**

Beat It Program

To find out more visit: diabetesnsw.com.au or call: **1300 342 238**

Together we can stay strong to keep moving.