



## Physical Activity and Nutrition Guide for Older Adults



**Queensland**  
Government



Community **Solutions**

The Queensland Government provided funding to Community Solutions to produce *Young at Heart* to get more Queenslanders active through **sport** and **recreation**



# why read this booklet?

A healthy lifestyle involves eating a nourishing diet and keeping physically active.

Take this short quiz to see how well you are looking after your body and test your health knowledge.

Do You?	Yes	No
Participate in 30 minutes of exercise a day (this includes activities such as walking, gardening or housework)?	<input type="checkbox"/>	<input type="checkbox"/>
Know what the five food groups are?	<input type="checkbox"/>	<input type="checkbox"/>
Minimise the amount of saturated fats in your diet?	<input type="checkbox"/>	<input type="checkbox"/>
Drink 8 glasses of water per day?	<input type="checkbox"/>	<input type="checkbox"/>
Get at least 6 – 8 minutes of sun exposure each day?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered 'no' to any of these questions this booklet may help you find ways to develop eating and exercise life-style habits to improve your health and wellbeing.

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# healthy eating



## Why is healthy eating important?

No single food contains all of the nutrients that you need for good health. *The Australian Guide to Healthy Eating* recommends that you eat a variety of foods from the five food groups.

## What are the five food groups?

1. Bread, cereals, rice pasta, noodles
2. Vegetables, legumes
3. Fruit
4. Milk, yoghurt, cheese
5. Meat, fish, poultry, eggs, nuts, legumes.

## How much should I eat?

The amount of food you need from each of the five food groups depends on your sex and nutritional needs and is influenced by your taste preferences.

Use the following table developed by *The Australian Guide to Healthy Eating* as a guide to your required daily servings from each food group. Select a preferred diet based on eating more vegetables, legumes and grain based products such as bread, cereals, rice, pasta and noodles than other food groups (shown in the orange rows) or one which includes more from all of the groups (shown in the blue rows).

	Bread, cereals, rice, pasta, noodles	Vegetables, legumes	Fruit	Milk, yoghurt, cheese	Meat, fish, poultry, eggs, nuts, legumes	Extra foods
Women 60+ years	4-7	5	2	2	2	0-2
	3-5	4-6	2-3	2-3	1-1.5	0-2
Men 60+ years	4-9	5	2	2	1	0-2.5
	4-6	4-7	2-3	2-3	1-1.5	0-2.5

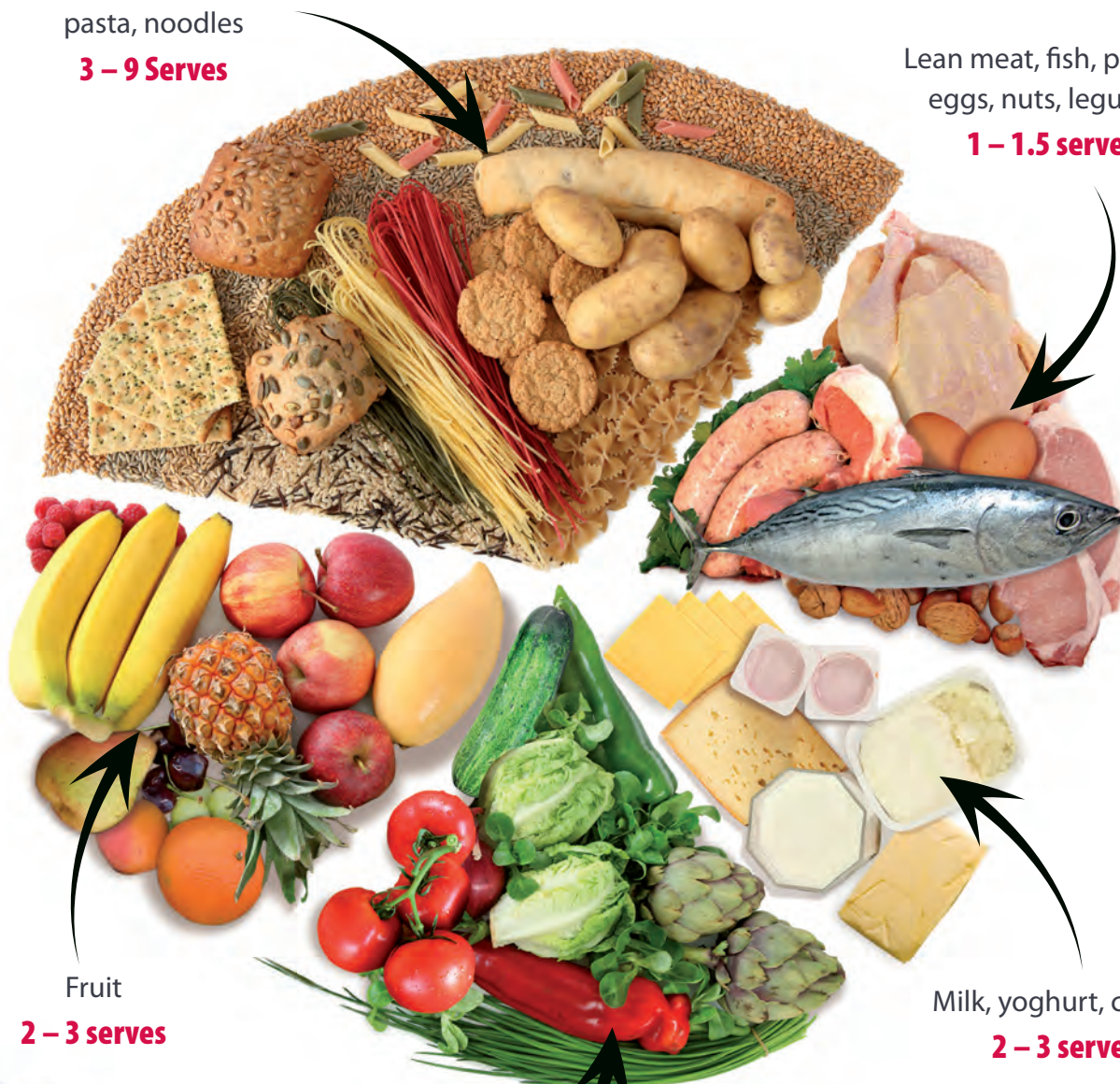
# healthy eating guide for older australian

Breads, cereals, rice,  
pasta, noodles

**3 – 9 Serves**

Lean meat, fish, poultry,  
eggs, nuts, legumes

**1 – 1.5 serves**



Fruit

**2 – 3 serves**

Milk, yoghurt, cheese

**2 – 3 serves**

Vegetables, legumes

**4 – 7 serves**

Water

**8 glasses**

Choose these sometimes  
or in small amounts

**0 – 2.5 serves**



# the five food groups

## 1. Breads, Cereals, Rice, Pasta, Noodles

### The benefits of eating foods in this group

Breads, cereals, rice, pasta and noodles are high in carbohydrates but low in saturated fats, which means they are a good source of energy. Other nutrients provided by these foods include protein, fibre and a wide range of vitamins and minerals.

The fibre contained in foods from this group can reduce the risk of:

coronary heart disease, diabetes, some cancers (such as colon cancer), and digestive problems such as constipation and obesity.

**Wholegrain foods** contain higher levels of essential nutrients than refined versions (for example, white bread) of the same food. Wholegrains include wholemeal or wholegrain breads, cereals and pastas, brown rice, couscous, popcorn and oatmeal.

### What is one serve?



**2 slices** of bread



**1 medium** bread roll



**½ cup** muesli



**1 cup** cooked rice, pasta or noodles



**1⅓ cup** cereal flakes



**1 cup** porridge

### Finding it hard to meet your daily requirements?

Breads, cereals, rice, pasta and noodles make up a large proportion of your daily dietary requirements.

Here are some practical suggestions to increase your intake:

- \* Add barley to soups and casseroles.
- \* Substitute wholemeal flour for up to half of the white flour in your favourite recipes.
- \* Use rolled oats to bind rissoles or as crumbing for chicken, meat or fish.
- \* To make your daily meals interesting try breads from different cultures such as, bagels, damper, naan, rye bread or Lebanese bread.

## 2. Vegetables & Legumes

### The benefits of eating **vegetables & legumes**

Vegetables are an important source of vitamins, minerals, dietary fibre and carbohydrates. The risk of heart disease, stroke and some cancers can be reduced if you eat plenty of vegetables.

### What counts as a vegetable?

There are a variety of vegetables that can be enjoyed including spinach, broccoli, potato, carrots, pumpkin and corn. Salad vegetables such as, lettuce and cucumber are counted in this category.

Legumes can also be classed as vegetables and include haricot, green peas, beans, split peas, lentils and chick peas.

### What is the healthiest way to eat vegetables?

Vegetables can be eaten cooked or raw. While cooking can improve flavour and makes vegetables easier to eat, some nutrients are lost during cooking. It is ideal to cook vegetables quickly in a small amount of water or steam or microwave them until they are just tender.

### What is a serve of vegetables?



**½ cup** cooked vegetable or  
cooked legumes

=



**1 medium** potato

=



**1 cup** salad vegetables

### Tips to help you make the most of vegetables in your diet

- \* It is important to eat a variety of different vegetables as they all have different nutrients.
- \* A cost effective way to shop for vegetables is to purchase those that are in season.
- \* Serve all main meals with cooked vegetables or a salad.
- \* Make meat go further by using vegetables in stir-frys, casseroles or soups.

## 3. Fruit

### The benefits of eating fruit

Fruit contains many nutrients essential for maintaining a healthy diet, including potassium, fibre, vitamins A and C, antioxidants and folate.

Eating a diet which includes fruits may reduce the risk of some health problems and diseases such as, stroke, cardiovascular disease, digestive problems, type 2 diabetes, cancer and kidney stones.

### How to best enjoy fruit

**Think color when it comes to eating fruit!**

Fruits of different colors contain a range of valuable nutrients.

Fruit can be enjoyed fresh, canned, dried or frozen. Enjoying fruit in different ways adds variety and interest to your diet but it is important to know that dried fruit can contribute to dental decay. *The Australian Guide to Healthy Eating* recommends no more than 1 serve of dried fruit be eaten per day.

### What is one serve of fruit?



**1 medium piece**  
(e.g. apple)

=



**2 small pieces**  
(e.g. apricots)

=



**1 cup** chopped or  
canned fruit

### Tips to help you enjoy more fruit in your diet

- \* Fresh fruit varieties that are in season are the best value for money.
- \* Frozen and canned fruit are convenient alternatives. Look for fruit canned in natural juice or without added sugar.
- \* Top your breakfast cereal or yoghurt with fresh or canned fruit.
- \* Have fruit salad or baked fruit for dessert.
- \* Add canned fruit to jelly.
- \* On hot days freeze grapes and pieces of orange.
- \* If you have difficulty chewing, some fruits such as papaya, watermelon, banana and kiwi are softer in texture than others so you may find them easier to eat. Also, fruits can be stewed and pureed, then mixed into yoghurt or custard.

## 4. Milk, Yoghurt, Cheese

### The benefits of eating dairy products

As you age you lose bone mass, so calcium in the diet becomes very important to slowing down the loss. Dairy products such as milk, yoghurt and cheese are good sources of calcium.

Calcium is so important for health that *Osteoporosis Australia* recommends that the use of calcium supplements should be discussed with a health professional if your dietary intake of calcium is lower than recommended levels.

### What is one serve of dairy?



**1 cup (250ml)**  
fresh, long-life or  
reconstituted milk



**½ cup**  
evaporated milk



**1 small carton (200g)**  
yoghurt



**1 cup (250ml)**  
custard



**2 slices (40g)**  
cheese

### Practical suggestions & tips:

If you are having trouble meeting your dairy requirements you could try the following:

- \* Add three tablespoons of powdered milk to each cup of ordinary milk.
- \* For breakfast add your favourite flavoured yoghurt to your cereal and milk.
- \* Include cheese on your sandwiches or enjoy wholemeal crackers and cheese for a snack.
- \* Soft cheeses like cottage cheese and ricotta taste great, but they are low in calcium.
- \* Dairy products increase the amount of saturated fats in your diet. If you wish to manage this, low-fat dairy products may be a good choice.
- \* Often people worry that drinking milk results in the production of mucus so when they have a cold they avoid dairy products. Research has never actually found a link between milk and the production of mucus. This means you can keep enjoying milk even when you have a cold or flu.

### Are there any other ways of getting calcium in my diet?

Milk, yoghurt and cheese are very important parts of a healthy diet and should not be excluded before consulting with a doctor. There are however, other foods that provide calcium. The following serves of food contains the same amount of calcium as 1 serve of milk, yoghurt or cheese:

- \* 1 cup soy milk (fortified with calcium)
- \* 1 cup almonds
- \* 5 sardines
- \* ½ cup pink salmon with bones
- \* 163g of Tofu (calcium set)
- \* 204g bok choy or chinese cabbage

## 5. Meat, Fish, Poultry, Eggs, Nuts, Legumes

### The benefits of eating foods in this group

These foods provide the body with protein, iron, niacin and vitamin B12. Adequate protein intake is important for older adults as it helps to slow muscle loss. Iron is also essential to good health as it helps to prevent infection and assists with the transport of oxygen around the body.

### Healthy choices

Some foods from this group are high in saturated fat. This means that eating too much of them can lead to weight gain or raised cholesterol levels, increasing your risk of heart disease.



### Try these tips as healthy alternatives to foods that are high in saturated fat:

- \* Choose **lean cuts** of meat with minimal visible fat. Lean cuts of beef include the round, chuck, sirloin or loin. Lean pork cuts include the tenderloin or loin chop. Lean lamb cuts include the leg, arm and loin.
- \* **Trim** any visible fat from meat. Look for 'reduced fat' or 'lean' meat products.
- \* **Limit processed meats** (e.g. devon, salami or mortadella). Even 'reduced fat' varieties are often high in calories and saturated fat.
- \* **Limit processed food** such as meat pies and sausage rolls. Select varieties that have been labeled with the Heart Foundation's Tick.
- \* Purchase **reduced fat** poultry products and remove the skin prior to cooking.
- \* **Broiling** is a quick and low-fat method you can use to cook meat.
- \* Use a rack to **drain off fat** when broiling, roasting or baking.
- \* Cook meals a day ahead of time. When you refrigerate stews, boiled meat, soup stock or other dishes, you can remove the hardened fat from the top of the dish.
- \* Consume **fresh fish**; canned fish in spring water/canola/sunflower/olive oil; smoked, grilled or baked fish; rather than battered or fried fish.
- \* **Organ meats** such as liver, sweetbreads, kidney and brain are very high in cholesterol. Consume these products on an occasional basis.

## What is one serve?



**65-100g** cooked meat/chicken  
(**1/2 cup** lean mince, **2** small chops or  
**2** slices roast meat)



**2** small eggs



**1/3 cup** peanuts or almonds



**80-120g** cooked fish fillet



**1/2 cup** cooked (dried) beans, lentils,  
chick peas, split peas or canned beans.



**1/4 cup** sunflower seeds or sesame  
seeds.

## What if I don't eat animal products?

If you are vegetarian there are still many ways you can get enough iron and protein in your diet. Consider these helpful tips:

- \* Foods such as dried beans and dark green leafy vegetables are good sources of iron.
- \* Wholegrain or wholemeal breads and cereals provide iron and zinc.
- \* Vitamin C increases the absorption of iron. Drink fruit juice or eat vegetables such as broccoli and bok choy with meals to increase iron absorption.
- \* Conversely, calcium and tannins (found in tea and coffee) reduce iron absorption. If you drink tea or coffee or take calcium supplements do so several hours before a meal that is high in iron content.
- \* Some products, such as breakfast cereal and bread include extra iron. This is usually displayed on the product label.
- \* Protein can be found in foods such as nuts, seeds, pulses, dairy, eggs, tofu and cereals (wheat, oats and rice).

# water & other fluids

## The benefits of drinking water

Water is a very important part of your diet because it can:

- \* Prevent dehydration,
- \* Satisfy thirst,
- \* Assist with kidney functioning,
- \* Contribute to the prevention of urinary infections, kidney stones and constipation.

## How does ageing influence fluid intake?

As you age your sense of thirst becomes reduced so you may not feel like drinking the required 8 glasses of water a day. As a result many older people do not drink enough water and in extreme cases dehydration can occur.

Another issue that can develop with ageing is incontinence or the need to pass urine frequently. In an attempt to reduce the need to go to the toilet, especially during the night, some older people intentionally limit their water intake. Unfortunately, this doesn't work because concentrated urine irritates the bladder and increases the desire to go to the toilet.

## Drinking an adequate amount of fluids

To work towards your 8 glasses of water a day, drink one glass with every meal or snack. Alternatively, each day fill a 2 litre jug with water and set it within view to remind you to drink at regular intervals.

It is important to drink at least 8 glasses of water a day but adding other fluids can make your diet more interesting. Water, soup, tea, coffee, juice, custard, milk, jelly and ice cream are all classed as fluids.

It is important to remember that 8 glasses of water a day is just a guide. The amount of water your body needs will vary with activity level, heat of the day and your diet. A useful way to check if you are having enough fluids is by looking at the colour of your urine. If you are getting enough water your urine should be almost clear (except for first thing in the morning). If your urine is dark yellow you may not be drinking enough.



# extra foods

## What are extra foods?

Most of us love to indulge in a snack or two! Whether that be some biscuits with a cuppa, a croissant with jam or a savoury scroll, these snacks are not usually essential to achieve a healthy diet and often contain a large amount of saturated fat, salt or sugar.

Foods that belong in this category include biscuits, lollies, chocolate, cakes, desserts, pastries, soft drinks, alcohol and high fat snacks such as crisps, pies, pasties, sausage rolls and other takeaway foods.

## Should I be eating extra foods?

The key to sustaining any healthy diet is balance. This means it is important to include foods that you enjoy but they must be eaten in moderation.

*The Australian Guide to Healthy Eating* recommends that 0 - 2.5 serves of extra foods can be eaten daily.

## Here are some examples of one serve of extra food:



**1** doughnut



**4** plain sweet biscuits



**1** slice plain cake



**½** small bar of chocolate



**1** can soft drink



**12** hot chips



**1 ½** scoops icecream



**⅓** meat pie or pastie



**2 tblsp** cream/mayo



**1 tblsp** butter, marg, oil



**200ml** (2 standard drinks) wine

## What is the difference between 'good' fats & 'bad' fats?

You may have heard people talking about 'good' fats versus 'bad' fats and it is true that one type of fat is healthier than another.

We all need a small amount of fat in our diet. It is best if this is mostly made up of unsaturated fats (polyunsaturated or monounsaturated). Foods that contain this type of fat include olive oil, canola oil, sunflower oil, avocado, nuts, seeds, oily fish and margarine.

Saturated fats are not so good for you because they can increase your risk of heart disease. They are found in foods such as butter, lard, dripping, coconut milk, cheese, fried take-away food and most extra foods.

To identify which food contains unhealthy fats, look at food labels. Saturated fat content must be listed on all labels. Also some saturated fats are visible, for example the fats on meat.

## Are diets high in salt unhealthy?

All the salt that is essential for a healthy diet is contained within fresh foods. Adding extra salt to meals or eating processed foods that are high in salt can result in more salt in the diet than is necessary. A diet high in salt can increase blood pressure levels and has also been linked to stomach cancer.

An easy way to decrease salt in your diet is to simply stop adding it to your food. If you want extra flavour use herbs and spices instead of salt.

Another ideal way to decrease salt in your diet is to look for products that indicate they contain low levels. Products such as these may have labels indicating they are 'low in salt', 'unsalted' or 'salt reduced'. Alternatively, check the food label – less than 120mg of sodium per 100g of food is considered a low level.

As the amount of salt you eat can influence your blood pressure it is important to consult with a health professional prior to modifying salt intake in your diet.

## Why do I need to eat sugar in moderation?

Sugar in the diet comes from two sources – natural sugar and added sugar. Natural sugars are found in foods such as milk and fruit and are an important part of the diet. Added sugars are contained in many 'extra' foods such as soft drinks, cordial and sweets.

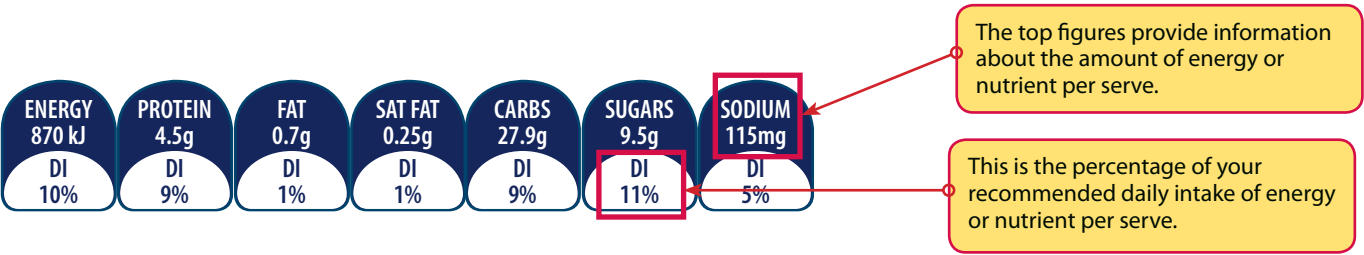
Eating large amounts of sugar can contribute to tooth decay and add unnecessary calories to your diet so it is wise to limit foods with added sugar.

## Alcohol

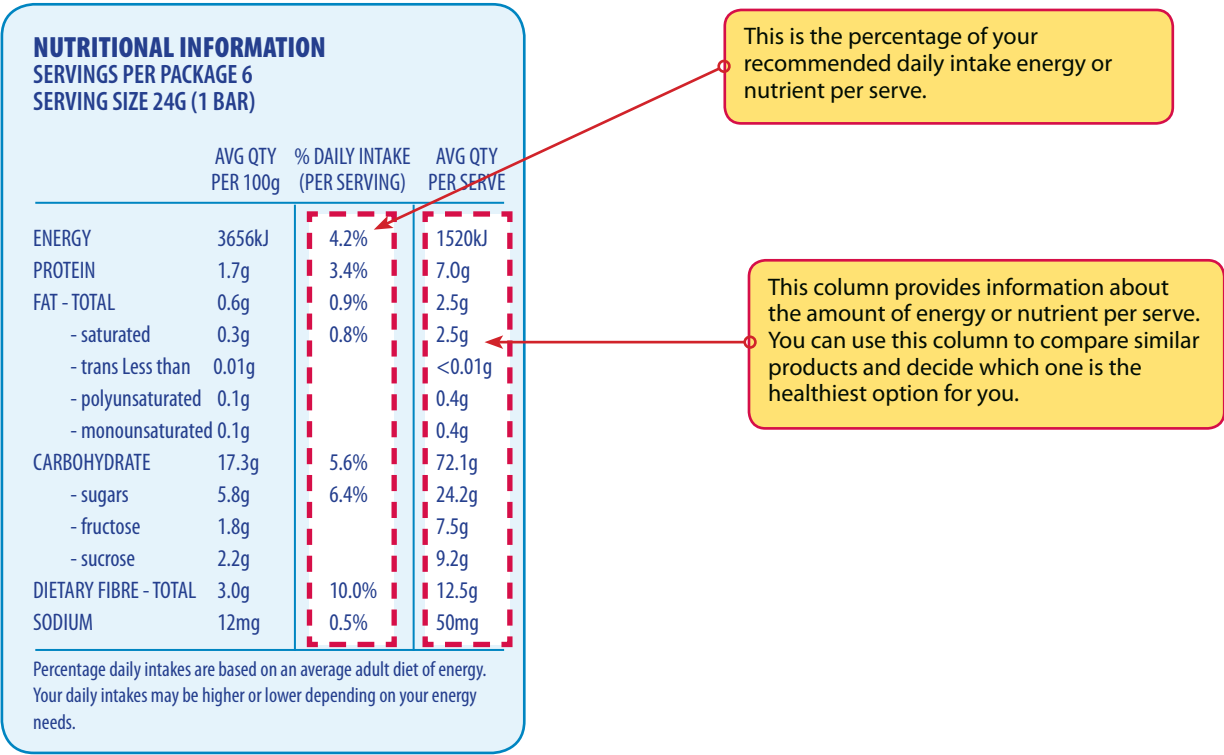
Alcohol is often a part of Australian meals. Drinking in moderation can be enjoyable, sociable and may stimulate appetite. However, as you age you become more susceptible to the effects of alcohol. The risk of falls or other injuries when intoxicated increases and the risks associated with driving increase. If you are taking medication it is important to consult your GP about drinking alcohol, as some commonly prescribed drugs can have an interaction.

# healthy shopping tips

These days the product choices available in supermarkets can be overwhelming. So how do you know which product best suits your nutritional needs? An easy way to find out is to look at the **Daily Intake Guide label**. This label provides you with the amount of nutrient per 60g serve and also the proportion of energy or nutrient, based on the “average adult diet”



You can also check the nutrition information panel for energy and nutrient content.



When it comes to all of those 'extra foods' there are some easy guidelines that can be used to inform your product choices.

This table outlines what is a little and what is a lot per 100g serve of food containing sugar, fat, saturates or sodium:

	Fat	Saturates	Sodium	Sugars
A Lot	20g	5g	500mg	10g
A Little	3g	1g	120mg	2g

# eating patterns

Throughout your lifetime you may have heard about the importance of maintaining a healthy body weight. A convenient way to assess whether your weight is in the healthy range is to measure your waist line. Measurements are best taken in line with your belly button, directly against the skin and after breathing out normally. For men a measurement more than 94cm and for women a measurement more than 80cm is associated with an increased risk of chronic disease.

While weight guides are useful it is important to remember that every individual is different. If you are worried about being underweight or overweight you must consult with your health care provider. It is normal for our appetite to vary from day to day however, if you experience a sudden change in appetite or believe that your eating habits are not healthy it is important to explore the reasons why this may be occurring.

## Loss of Appetite

Difficulties maintaining an adequate nutrient intake are common in older age and a sudden or continuous loss of appetite can result in unintended weight loss. This can pose several health risks such as poor memory, increased susceptibility to illness, bone loss, decreased muscle strength, hypothermia, constipation and depression.

### Some of the following tips may be helpful if you are having trouble with your appetite:

- \* Eat small meals frequently. For example, include breakfast, morning tea, lunch, afternoon tea, dinner and supper in your daily routine. Ensure you eat sufficient amounts of a variety of foods.
- \* Eating with a friend can improve your appetite.
- \* Enjoy a meal out. Local service clubs often have reasonably priced meals and may provide opportunities to eat with others.
- \* Prepare larger quantities of food when you cook and freeze meal size portions for days when you do not want to cook. Alternatively, purchase frozen meals from the supermarket.
- \* Make an eating plan and check it off daily to monitor your progress. Share your goals with a friend who can motivate and encourage you.

## Maintaining a healthy weight

Being overweight is an issue many older people face. Many people think of the dreaded 'diet' word when it comes to weight management. In reality, strict diets are hard to maintain and usually result in weight regain. In contrast, moderate changes that create a balance between food intake and physical activity can result in permanent changes.



**If you are working towards a weight management goal it is important to consult with a health professional regarding your individual needs.**

Here are some tips that you may find helpful to consider:

- \* A decline in physical activity can influence weight gain. Regular exercise is very important.
- \* Eat plenty of fresh vegetables, fruit, bread and cereals. They are lower in energy than high fat/sugary foods.
- \* Try low-fat product alternatives such as milk, yoghurts, cheese and salad dressings.
- \* Cook without using added oils (grill, steam, bake or boil food instead of frying) or use a spray-on oil.
- \* Avoid using food for comfort, such as when you are lonely, bored or upset. Explore other strategies to cope with these feelings.
- \* Join a local health support group or exercise group.
- \* If you overeat explore the times that this occurs (e.g. social eating, night eating, eating while drinking alcohol) and be mindful when you are in these situations.
- \* Share your plans and goals with trusted friends who will be able to motivate and support you.

# how can ageing affect eating habits?

As you age many factors can influence eating habits such as illness, taking medication and structural or biological changes. The following table offers some practical strategies that aim to ease common difficulties experienced in older age.

Common Difficulties	Handy Hints
Decrease in sense of smell and taste	<ul style="list-style-type: none"><li>› Add herbs and spices to dishes to increase flavours.</li><li>› Use crunchy foods to enhance food texture.</li><li>› Combine foods with different temperatures for a variety of sensations.</li><li>› When eating a meal switch foods to avoid taste fatigue (e.g. one bite of vegetable, a bite of meat, a bite of pasta and so on).</li></ul>
Difficulty chewing or swallowing	<ul style="list-style-type: none"><li>› Cut food into small pieces and allow extra time to chew food at a relaxed, unhurried pace.</li><li>› Cook vegetables and fruits until soft and puree if necessary.</li><li>› If you have dentures visit a dentist to ensure they fit properly.</li><li>› Drink plenty of water if your throat or mouth is dry.</li><li>› Consult a health professional about the use of assistive technology to aid eating.</li></ul>
High cholesterol levels	<ul style="list-style-type: none"><li>› Eat plenty of the first three food groups – grain based foods and vegetables, fruit, legumes.</li><li>› Eat a moderate amount of lean meat, poultry, fish and reduced fat dairy products.</li><li>› Limit cholesterol rich foods.</li></ul>
Loss in appetite or interest in food	<ul style="list-style-type: none"><li>› Regularly share meals with people you enjoy spending time with.</li><li>› Follow a daily eating plan that specifies meal times and includes an appropriate number of servings for each food group.</li><li>› Consult a GP to explore the reasons behind your loss in appetite.</li></ul>
Taking medication	<ul style="list-style-type: none"><li>› Consult with your GP regarding any changes in your diet that may be required.</li><li>› Check the ideal time to take your medication.</li></ul>
Preparing regular meals takes too much time and energy	<ul style="list-style-type: none"><li>› Frozen and canned vegetables and fruit can be practical and healthy alternatives to fresh produce.</li><li>› When you prepare a meal cook extra and freeze portions so that you have ready made meals to access on days when you are too tired or busy to cook.</li><li>› Use a slow cooker to prepare meals – the preparation is minimal and they provide a hearty meal for the winter. Often they produce less heat than cooking with an oven, so are great for summer cooking as well.</li></ul>
The grocery budget is very tight	<ul style="list-style-type: none"><li>› Seasonal fruit and vegetables are often best value for money.</li><li>› Visit your local markets – not only can you purchase fresh local produce at competitive prices but you can also get fresh air and exercise walking amongst the stalls.</li><li>› Canned fish is a nutritious substitute for fresh fish and simpler to prepare. It is also affordable, transportable, and easily stored.</li></ul>

# physical activity

## Why is physical activity important?

As you age being active is extremely important for maintaining health. In fact, research has shown that much of the physical decline associated with old age may be due to a lack of physical activity.

**Maintaining adequate physical activity levels may have health benefits such as:**

- \* Reduction of the risk of illness and diseases such as some cancers, heart disease, stroke, high blood pressure and type 2 diabetes.
- \* Increasing muscle mass and reducing the loss of bone density which can prevent injuries from falls.
- \* Increased capacity to recover from illness.
- \* Sleep improvement.
- \* Weight management.

**Physical activity can also influence emotional health. It can help you:**

- \* Increase your energy levels and vitality.
- \* Feel more relaxed.
- \* Improve social interactions.
- \* Reduce the occurrence of depression.



## How much physical activity is enough?

Thirty minutes of moderate intensity physical activity is recommended daily. This 30 minutes can be accumulated through-out the day. For example, 10 minutes of activity three times per day may be easier for you to achieve.

If you have been physically inactive for a long period of time, or suffer from an illness or injury it is very important to consult with your doctor before becoming active again.

Even if you consider yourself to be in good health it is important to be realistic with your goals when you start physical activity. Begin slowly and increase your activity over time. For example, 10 minutes of activity once a day may feel manageable at first and then every two weeks you could increase this amount until you reach your target of 30 minutes per day.

If you get into a regular activity routine and then it is interrupted for several weeks, it is important to gradually build the intensity level back up when you recommence your routine.

# What types of physical activity are good for me?

Similar to a healthy diet, variety is imperative to effective physical activity. There are many different types of physical activity including; incidental activity, moderate activity/endurance, strength, flexibility and balancing.

## 1. Incidental activity

Getting active does not have to be all about structured exercise routines. For many people it is easier to be active in lots of little ways throughout the day. All types of physical movement improve your health and count towards reaching a target of 30 minutes per day.

**Here are some ideas to become more active during the day:**

- \* When friends or family visit, walk to a park or go for a stroll as you chat.
- \* While watching TV move your arms, legs, hands and ankles. If you want to challenge yourself use an exercise bike or treadmill.
- \* Make your leisure pursuits active. For example, when you go to the beach take a walk or kick a ball. If you enjoy golf, walk instead of using a buggy or if you enjoy shopping take an extra walk around the centre to window shop.
- \* When catching public transport, get off a few stops before your destination and walk the rest of the way.
- \* Take the stairs rather than the elevator when you are out.

**There are countless opportunities for incidental activity throughout your day.**

**Get creative  
and find  
new ways  
to be active!**

## 2. Moderate activity/endurance

Activity/endurance movement keeps your heart, lungs and blood vessels healthy. These include types of activity that increases your heart rate and places a demand on the lungs, such as:

Walking	Swimming
Cleaning the house	Aqua aerobics
Playing with your grandchildren (e.g. kicking a ball)	Dancing
Gardening	Lawn bowls
	Washing the car

**Ideally, 30 minutes a day is recommended.** You will know if you are exercising at a moderate rate because it will cause your heart to beat faster and you may be shorter of breath, but you should still be able to talk comfortably. You do not have to be panting or work up a sweat but it is ok if you do.

### 3. Strength

These activities assist to keep your bones and muscles strong and include:

Climbing stairs

Lifting weights (this doesn't have to be at the gym - it could be lifting groceries or small children)

Resistance exercise

Moderate gardening work (e.g. digging and shifting soil)

**It is ideal to make time for strength activities two to three times per week.**



### 4. Flexibility/balance

These activities increase balance skills and help you move more easily. This can greatly reduce the risk of falls.

Activities of this type include:

Yoga

Tai Chi

Pilates

Stretching

Dancing

Gardening

Bowls (indoor or outdoor)



## How to make the most out of physical activity

- \* **Get active outdoors!** Vitamin D is essential for healthy bones and can be produced in the body through exposure to sunlight. It is recommended that you expose your hands, face and arms (or equivalent area of skin) to sunlight for 6 - 8 minutes each day without sunscreen. This should be done prior to 10am or after 2pm, avoiding the hottest part of the day.
- \* **Keep yourself hydrated** when being active by drinking plenty of water.
- \* **Choose activities that you find interesting.** You are more likely to stay consistent if you enjoy what you are doing.
- \* **Be active with friends or join a local group** to make it an enjoyable social occasion.
- \* **Incorporate physical activity into your normal day.** For example, walk to the corner shop instead of driving, take the stairs rather than the elevator or park your car further away from the shops.
- \* **Set yourself goals and work towards them.** You may even want to reward yourself when you reach your targets (e.g. go to the movies, take time out with a friend).

## Smart physical activity

- \* When being active include a short warm up and cool down that includes stretches and balance activities.
- \* Your safety is important at all times. If you experience dizziness, palpitations or chest pain during exercise, cease activity immediately and seek advice from a health professional.
- \* Stay sun safe when outdoors – wear a hat and sunscreen.
- \* Wear loose clothes and supportive shoes. If you have foot problems consult with a podiatrist.
- \* It is ok if you slip up and stop your exercise routine. The important part is that it doesn't become an excuse to prevent you from starting again.



## Remember...

**You're never too old to improve your fitness!**

**If you are starting out with physical activity be patient with yourself and don't give up before you start to see results.**

# where can i find more information?

If you would like to know more about healthy eating or physical activity contact the following organisations:

## Government Information

### Queensland Health, Lighten Up to a Healthy Lifestyle Program

*The Lighten Up to a Healthy Lifestyle Program* is a group program for adults who want to improve their health. All Queenslanders who are at risk of chronic diseases, such as diabetes or heart disease are eligible to participate in this community-based program at a very low cost.

Ph: 1300 881 536

Website: [www.health.qld.gov.au/lightenup/](http://www.health.qld.gov.au/lightenup/)

### Queensland Health, Queensland Stay on Your Feet

Falls are the most common cause of serious injury among Queenslanders aged 60 years and over. Use this website to learn about how to stay healthy, active, independent and stay on your feet.

Website: [www.health.qld.gov.au/stayonyourfeet/resources.asp](http://www.health.qld.gov.au/stayonyourfeet/resources.asp)

### Find Your 30

A Queensland Government site that provides information about healthy eating and exercise. You can join the 'Your 30 Club' to access tips on being active, recipes, a monthly eNewsletter and you can keep track of your daily physical activity to monitor your progress.

Website: [www.your30.qld.gov.au](http://www.your30.qld.gov.au)

### Department of Health and Ageing, A Healthy and Active Australia

Links are available to a range of sites that cover topics such as healthy eating, physical activity and weight. Particularly relevant are the "How do you measure up?" site and the "Healthy Weight" site. Australia has a range of guidelines on physical activity and healthy eating. Via this site you can find links to the *Choose Health: Be Active: A Physical Activity Guide for Older Australians*, the *Australian Guide to Healthy Eating* and the *Physical Activity Recommendations for Older Adults*.

Ph: 1800 020 103

Website: [www.healthyactive.gov.au/](http://www.healthyactive.gov.au/)

## Nutritional Information

### Marketfresh: Your Complete Guide To Fresh Produce

Marketfresh is an Australian guide to fresh fruit, vegetables and flowers. The website provides an A - Z database of fruit, vegetables, nuts and herbs, including photographs, seasonal information, handling and storage information. Other website features include a searchable postcode guide to greengrocers that sell market fresh produce in your local area and a recipe database.

Website: [www.marketfresh.com.au/produce\\_guide/seasons.asp](http://www.marketfresh.com.au/produce_guide/seasons.asp)

## Sunshine Coast Local Regional Food Local Harvest Directory

For some people buying local produce is very important. This website offers a comprehensive directory listing Sunshine Coast growers and producers that offer regional food and beverage products.

**Website:** [www.localharvest.com.au](http://www.localharvest.com.au)

## Nutrition & Physical Activity Information

### The National Heart Foundation of Australia

Information is provided about the maintenance of a healthy lifestyle, to reduce the risk of heart disease, as well as information and advice on various heart conditions. *The Heart Foundation Walking group* is a free weekly activity for people of varying fitness levels to increase their activity and meet new people. Find out about groups in your local area on the Heart Foundation website or through your local council. The Heart Foundation also provides a free heart health information service by trained nurses (local call cost; business hours).

**Ph:** 1300 36 27 87

**Website:** [www.heartfoundation.com.au](http://www.heartfoundation.com.au)

### Nutrition Australia

This website provides food and nutrition information that is specifically relevant to older people. You can also search for healthy recipes.

**Website:** [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

### Osteoporosis Australia

This site contains useful information about maintaining bone health through the intake of adequate calcium and vitamin D and participating in exercise.

**Ph:** 1800 242 141

**Website:** [www.osteoporosis.org.au](http://www.osteoporosis.org.au)

### 10,000 Steps

10,000 Steps is a free health promotion program that encourages the use of step-counting pedometers to monitor your daily physical activity levels. The website allows you to record your steps and physical activity, monitor your progress, participate in individual challenges, add your friends as walking buddies and share tips and stories through online discussions.

**Website:** [www.10000steps.org.au](http://www.10000steps.org.au)

## Other Information

### LifeTec Queensland

LifeTec provides information, education and consultation on an extensive range of assistive technology that can help people improve life quality and remain independent. Many devices are available to assist with eating, food preparation and mobility. For example, products include automatic jar openers, tap/handle turners and tray trolleys.

**Ph:** 1300 885 886

**Website:** [www.lifetec.org.au](http://www.lifetec.org.au)

# *sunshine coast health & fitness organisations*

## **The Sunshine Coast Community Information Services (CIS)**

CIS provides a quick and easy way to access an internet database with information about the Sunshine Coast Community. Keeping in Touch, a free booklet produced annually by CIS provides a directory of services, facilities and groups relevant to senior residents of the Sunshine Coast region. This booklet is a great way to find up to date information about health and sports/recreation activities and groups. Pick up a copy at your local library, council customer service centre or tourist information centre. Alternatively, contact CIS to request a mailed copy.

**Ph: 5475 8925**

**Website: [www.sunshinecoastcis.qld.gov.au](http://www.sunshinecoastcis.qld.gov.au)**

## **Fitness Forever (Maleny)**

Based at Maleny, Fitness forever offers the Steady Steps program, tai chi for arthritis and gentle exercise classes incorporating cardiovascular balance, strength and flexibility training.

**Ph: 5499 9212**

## **Hands For Healing: Physiotherapy and Exercise Physiology Mobile Service**

A number of home based services are offered including nutritional advice; balance and mobility, and falls prevention training; type 2 diabetes management and physiotherapy.

**Ph: 0416 196 540**

**Email: [lorrainegilgen@gmail.com](mailto:lorrainegilgen@gmail.com)**

## **Heartrack: Fitness From the Heart for 50 Plus**

Heartrack (situated at Kawana) offers Steady Steps, an exercise program developed by Queensland Health, in conjunction with Fitness Queensland's Active Ageing Committee. The program includes gentle exercise and practical information on how to minimise the risk of having a fall.

**Ph: 1300 50 PLUS (7587)**

**Website: [www.heartrack.com.au](http://www.heartrack.com.au)**

## **Kawana Over 50s Exercises**

Low cost classes held in the Kawana Community Centre, involve warm-ups, gentle exercise and stretches.

**Ph: 5493 5671**

## **Keep Fit Exercise (Movement that Matters Exercise Programming & Training)**

A Caloundra based organisation that offers group and personal sessions to enhance mobility and wellness for remaining active and injury free. Some of the activities offered include water based training, pilates, circuit based exercise, flexibility and strength training.

**Ph: 5492 1893**

**Email: [mtmfitness@hotmail.net.au](mailto:mtmfitness@hotmail.net.au)**

## Noosa Leisure Centre

Located in Noosaville a number of activities for seniors are offered such as lite pace fitness classes, gentle yoga, pilates and tai chi.

**Ph: 5447 11 77**

**Website: [www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)**

## Noosa Over 50's Fitness Classes

Provides gentle, safe and low impact exercise classes to music, incorporating a cardiovascular workout, strength, balance, flexibility and relaxation.

**Ph: 5471 0409**

## Personal Fitness on Buderim

Group fitness classes for over 50's are held in Buderim. Classes are specially designed and conducted by an experienced personal trainer.

**Ph: 0466 221 488**

**Email: [webbfitness@yahoo.com](mailto:webbfitness@yahoo.com)**

## Reflections Support Services

Reflections provide a variety of services for people who have been diagnosed by a health professional with early to mid stage dementia. Programs focus on providing physical exercise in the form of specific targeted movement sessions and physical activities such as dance, walking and bowls. Reflections also offers subsidised access to nutritionists.

**Ph: 5476 7833**

**Website: [www.reflections-sc.org.au](http://www.reflections-sc.org.au)**

## Sunshine 60 & Better Group

Funded by the Department of Communities this Maroochydore based organisation offers a number of social, educational and physical activities including belly dancing, gentle exercise and tai chi. The program provides opportunities to develop skills and knowledge to improve health, well-being and quality of life.

**Ph: 5443 7281**

**Email: [sun60@bigpond.net.au](mailto:sun60@bigpond.net.au)**

## University of the Third Age (U3A) Sunshine Coast

Activities are offered in locations from Caloundra to Coolumb and throughout the Hinterland. Classes include aquacise, dancing, badminton, croquet, fitness, golf, swimming, table tennis, tai chi, yoga and a walking group. Nutrition and Health classes are held at Pacific Paradise.

**Ph: 5430 1123**

**Website: [www.u3asunshine.org.au](http://www.u3asunshine.org.au)**

