

STAY ACTIVE – IMPROVE YOUR BALANCE



Even minimal physical activity is preferable to no physical activity.

It is never too late to start being physically active. This will protect you from many chronic diseases including falls.

Conduct no less than 10 minutes of continuous physical activity in each session. Avoid sedentary time. Do not sit for more than 4 hours daily.

You should increase your levels of physical activity if these do not meet the standards of duration, intensity and frequency.

Minimum duration and intensity recommendation is at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity per week.

Minimum frequency is proposed at 3 times per week. Ideally a daily routine (5 times per week) is recommended for better health-related benefits.

In older adults a combination of muscle strengthening, balance and flexibility exercises must be conducted to minimize risk of falling. A muscle strengthening exercise regime for 2 times per week and a balance exercise protocol for 2 times per week are the minimum prerequisites for fall prevention.



STAY ACTIVE – IMPROVE YOUR BALANCE



Even minimal physical activity is preferable to no physical activity. Avoid sedentary time. Do not sit for more than 4 hours daily.



It is never too late to start being physically active. You should increase your levels of physical activity if these do not meet the standards of duration, intensity and frequency.



Conduct no less than 10 minutes of continuous physical activity in each session. This will protect you from many chronic diseases including falls.



Minimum duration and intensity recommendation is at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity per week.



Minimum frequency is proposed at 3 times per week. Ideally a daily routine (5 times per week) is recommended for better health-related benefits.



In older adults a combination of muscle strengthening exercise regime for 2 times per week and a balance and flexibility exercise protocol for 2 times per week minimize risk of falling.