

PHYSICAL ACTIVITY AND PHYSICAL LITERACY: ADULTS 65+

GUIDANCE TOOL FOR HEALTH CARE PROFESSIONALS

We all have a role to play in promoting physical activity for improved health and quality of life.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Developing physical literacy enables participation in physical activities that contribute to improved health and prevent chronic disease. **Acquiring functional skills and knowledge** enables enjoyment and successful participation in physical **activity for a lifetime**, and supports continued **independent living** in community. Individuals of any age and ability can improve physical literacy through activity.



EVERY MOVE COUNTS!

Adding **any** amount of physical activity benefits health. Encourage clients/patients to start slowly and build up gradually.

The Canadian 24-Hour Movement Guidelines recommend adults 65+:

- **Be active each day** - enjoy a variety of moderate to vigorous aerobic activities, accumulating **150 minutes** or more per week
- Include **several hours** of **light physical activity** (including standing) daily
- Engage in **muscle-strengthening** activities at least **twice weekly**
- Challenge and improve balance
- **Sleep well, 7 to 8 hours**, with consistent routines
- **Minimize** and break up **sedentary time**

View guidelines in full:
csepguidelines.ca/guidelines/adults-65/



SCAN ME

Ideas to add in more activity:

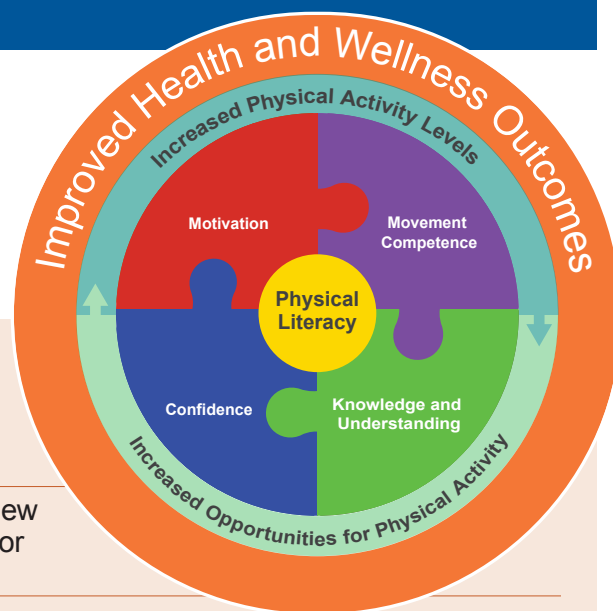
- Join a senior's centre, online activity and/or walking group
- Spend some time gardening, doing yard work or housework
- Go for a walk/wheel around the block
- Walk a dog
- Carry groceries/packages
- Dance - at home or in a class
- Try something new: pickleball, yoga, aqua fit, geocaching, etc.

Additional activities:
choosetomove.ca/get-active








SCAN ME







Use this tool to guide conversations with clients/patients about physical activity, tailored to their current status and interest. The puzzle pieces in the image below indicate which physical literacy domain(s) align with each question and key message.







Potential Questions to Ask

-  What motivates you? What matters most to you? What makes you get up in the morning? What do you value? (e.g., mobility, independent living, play with grandkids, etc.)
-  What stops you from engaging in physical activity or trying a new activity? How confident do you feel about it? Are you hesitant or uncertain about how it will go?
-  Is there an activity you are interested in but doubt your ability? What are your concerns about trying that activity?
-  If being active can help you meet your goals, is there anything stopping you from increasing your activity?
-  Is there anything new you'd like to try? What barriers might you be facing, and what would help?

Key Messages

-  Using active transportation (e.g., walking or wheeling, even to and from the bus stop) is a great way to be physically active and save money.
-  Being active with others builds social connections, reduces loneliness, provides mental stimulation and enhances life satisfaction.
-  Physical activity reduces symptoms of anxiety and depression, lowers blood pressure, reduces risk of many diseases (e.g., cancer, heart disease and stroke, type 2 diabetes, osteoporosis, etc.) and may reduce the need for medication.
-  Physical activity boosts self-esteem, supports mental wellness and helps manage stress.
-  Exploring activities and movements will increase skills, competence and confidence. With more practice, ability improves.
-  Improving strength and balance through physical activity reduces the risk of falls and fall-related injuries. This enables clients/patients to maintain their independence and thrive in community longer.

Additional Tips for Client/Patient Interaction

-  Recreation centres may have free and/or low-cost opportunities. Going outdoors and/or getting active in the home are also great low-barrier options
-  Explain how actions are interconnected (e.g., a good sleep provides more energy for physical activity and muscle strengthening, and more activity promotes better sleep).
-  Explain how certain movement skills are complementary to more vigorous activities (e.g., yoga to keep muscles limber for jogging). Demonstrate how to break down/adapt the activity to their level.
-  Encourage them to try different activities to find something enjoyable. Having a positive experience while being active increases motivation to continue participating.