Welcome to the Ageing with vitality: Workbook. Please use this workbook in conjunction with Ageing with vitality: Your everyday guide to healthy active living to plan and record your progress as you find various ways to increase your levels of physical activity.
People often decide to become more active and follow a healthy eating plan to control their weight. For many people, these healthy habits lead to weight loss, but that’s only part of the bigger picture. Healthy eating and physical activity help you become physically fit and stay healthy.

Think about other lifestyle changes you can make too. For example, smoking leads to a variety of serious diseases and can keep you from being active, so does drinking too much alcohol. Together, physical activity, a healthy diet, drinking in moderation and not smoking will help you achieve the main goal—the best of health.

On the following pages, you will find several worksheets you can use to help you meet your physical activity goals. Use the ones that work for you.

Physical activity is a great way to have fun, be with friends and family, enjoy the outdoors, improve your fitness and maintain your independence. Older adults also gain substantial health benefits from regular physical activity and these benefits last. The best way to be physically active is to make it a lifelong habit. Once you get started, keep going.

Quick tip
Make copies of the blank worksheets so you can update them as you progress.