Frequently asked questions

**Question: 1**
I’m not particularly active and I haven’t exercised in years. Is it safe for me to start now?

**Answer:**
If you haven’t been active for a while, it’s important to start out at a low level of effort and work your way up slowly. Beginning slowly will help you become more fit without straining your body. For example, you may want to start with walking, cycling or swimming at a comfortable pace and then gradually do more, or start strengthening exercises with one or two-kilo weights and gradually add heavier weights. You should talk with your doctor or health professional if you decide to start a vigorous exercise program or significantly increase your physical activity.

**Question: 2**
I have a medical condition (such as arthritis, high blood pressure, diabetes or heart disease). Is it safe for me to engage in physical activity?

**Answer:**
Physical activity is safe for almost everyone. In fact, studies show that people with arthritis, high blood pressure, diabetes or heart disease benefit from regular physical activity. In some cases, physical activity actually can improve some of these conditions. You may want to talk with your doctor or health professional about how your health condition might affect your ability to be active. (See page 18 of the *Ageing with vitality: Your everyday guide to healthy active living* for more information.)

**Question: 3**
Isn’t it better for older adults to ‘take it easy’ and save their strength?

**Answer:**
Regular physical activity is very important to the health and abilities of older people. In fact, studies show that ‘taking it easy’ is risky. For the most part, when older people lose their ability to do things on their own, it doesn’t happen just because they’ve aged. It’s usually because they’re not active. Physically active individuals can reduce their risk of Type 2 diabetes by 15–60 percent. Lack of physical activity also can lead to more visits to the doctor, more hospitalisations and more use of medicines for a variety of illnesses.

**Question: 4**
How much physical activity do I need?

**Answer:**
The goal is to achieve at least 30 minutes of moderate-intensity activity on most, preferably all days of the week. Every day is best, but doing anything is better than doing nothing at all. Try to do all four types of physical activity — strength, balance, flexibility and endurance. Try to do strength exercises for all your major muscle groups on two or more days a week for 30-minute sessions each, but don’t do strength exercises on the same muscle group two days in a row. Try and also do some balance exercises every week to improve your skills. Tai chi can be a good help in achieving this goal.

**Question: 5**
How hard should I exercise?

**Answer:**
We can’t tell you exactly how many kilos to lift or how steep a hill you should climb to reach a moderate or vigorous level of physical activity because what’s easy for one person might be difficult for another. You should match your activity to your own needs and abilities. Start from where you are and build up from there. Listen to your body. During moderate activity, for instance, you can sense that you are pushing yourself, but that you aren’t near your limit. As you become fitter, gradually make your activities more difficult. Generally, the more vigorous the activity and the more time you spend doing it, the more health benefits you will receive.

**Question: 6**
How long do I need to be active before I see results?

**Answer:**
Once you start being physically active, you’ll begin to see results in just a few weeks. You may feel stronger and more energetic than before. You may notice that you can do things more easily, faster or for longer than before. As you become fitter, you may need to make your activities more challenging to see additional results.
**Question: 7**
Do I get enough physical activity in my regular day-to-day activities?

**Answer:**
(see page 4). One way to find out is to check your activity log. Did you list physical activities that get your body moving, such as gardening, walking the dog, raking leaves or climbing stairs? How about weight training or an aerobics class? There are many ways to be active every day. The key is to do all four of the major types of physical activity regularly and increase your level of effort over time.

**Question: 8**
I’m healthy now. Why do I need to be active?

**Answer:**
Research shows that physical activity can maintain and even improve your health. For example, physical activity can help you manage and even prevent diseases, such as heart disease, diabetes and osteoporosis.

**Question: 9**
I’ve been exercising for some time now. Why am I not seeing any more real improvements?

**Answer:**
As your body gets used to a level of physical activity, you’ll need to vary your exercises or do more to see additional progress. If you are able, do your activities longer, further or harder. Do the activities more often or add new physical activities to your routine.

**Question: 10**
I’m 81 years old. Should I be exercising, and will it make a difference at my age?

**Answer:**
Yes, staying active is important throughout life. Regular physical activity can help you stay strong and fit enough to keep doing the things you enjoy. No matter what your age, you can find activities that meet your fitness level and needs.

**Question: 11**
Do I need to do other exercises in addition to my usual walking routine?

**Answer:**
Most people tend to focus on one type of physical activity and think they’re doing enough. Try to do all four types — strength, flexibility, balance and endurance — because each one has different benefits. Doing one kind can also improve your ability to do the others. In addition, variety helps reduce boredom and the risk of injury.

**Question: 12**
Is it better to join a physical activity class or group or exercise on my own?

**Answer:**
There are many ways to be active. The key is to find activities you truly enjoy. If you prefer individual activities, try swimming, gardening or walking. Dancing or playing tennis may be for you if you enjoy two-person activities. If group activities appeal to you, try a sport, such as basketball, or join an exercise class. Some people find that going to a gym regularly or working with a fitness trainer helps them stay motivated.

**Question: 13**
If I’m overweight or obese, what kinds of physical activity can I do?

**Answer:**
You can do all the types of physical activity outlined in Ageing with vitality: Your everyday guide to healthy active living, including the four types of exercise shown in this guide. Try walking, water exercises, dancing or weight-lifting. Anything that gets you moving — even for only a few minutes a day in the beginning — is a healthy start. Very large people may face special challenges. For example, you may not be able to bend or move easily, or you may feel self-conscious. Facing these challenges is hard, but it can be done. Feel good about what you can do and pat yourself on the back for trying. It should get easier.

**Question: 14**
I don’t do any kind of physical activity, but I watch my diet and I’m not overweight. Isn’t that enough?

**Answer:**
Eating a nutritious diet and maintaining a healthy weight are only part of a healthy lifestyle. Regular physical activity is important to the physical and mental health of almost everyone, including older adults. Being physically active can help you stay strong and fit enough to keep doing the things you enjoy and to stay independent as you get older. Together, healthy habits, such as physical activity, a balanced diet and not smoking, will help you achieve the best of health.
Resources

Publications


Go For Your Life: A Physical Activity Guide for Senior Victorians. Sport and Recreation Victoria and Office of Senior Victorians. 2005


Staying Active, Staying Safe: basic exercises to help prevent falls. NSW Health Northern Sydney Central Coast Area Health Service. Cost are: audio tape, $12; CD, $15; video, $15; and a DVD, $17. All include a booklet, plus postage of $12. Order through (02) 8877 5305.

Walk there today: 2006-2007 Walking Guide. Queensland Department for Planning and Infrastructure and Department of Sport and Recreation. 2006

Useful contacts
• Commonwealth Care Link — phone free call 1800 052 222
  The Commonwealth Care Link Centres are information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia. www9.health.gov.au/ccsd/

• Continence Foundation of Australia — phone free call 1800 330 066
  This foundation aims to assist people with incontinence, their families, carers and health professionals in understanding and managing incontinence. www.contfound.org.au

• Council of the Ageing Queensland (COTAQ) — phone 1300 738 348
  This group is dedicated to protecting and promoting the wellbeing of all Queenslanders over the age of 50.

• 13 Health — phone 13432584
  This service is for concerns about a health issue but not for emergencies. You can call 13 4325 8424 for the cost of a local call. This service operates 24 hours a day, seven days a week.

• Osteoporosis Queensland — phone free call 1800 242 141
  This organisation aims to improve awareness of osteoporosis in the Australian community and so reduce fractures. www.osteoporosis.org.au

• Arthritis Queensland — phone free call 1800 011 041
  This organisation (which incorporates Osteoporosis Queensland) is a non-profit organisation which aims to help those living with arthritis and osteoporosis. www.arthritis.org.au

• Home Assist Home Secure — phone free call 1800 642 902
  This service provides free information and referrals about home maintenance, falls prevention, repairs and modifications and home security. Eligible clients may also obtain subsidised assistance for minor home maintenance, repairs and modifications which relate to health, safety and security. www.housing.qld.gov.au/programs/ch/support/has.htm

• Life T ec Queensland (formerly Independent Living Centre) — phone 1300 885 886.
  This organisation provides information, education and consultation on devices, technology or designs that can improve your quality of life and help you to live independently. www.lifetec.org.au

• Medicines Line — phone 1300 888 763
  The National Prescribing Service is an independent organisation supporting the quality use of medicines.

They offer consumers information about medicines through free materials and through phone advice on the Medicines Line. www.nps.org.au

• Veterans Affairs General enquiries number — phone 133 254
  This organisation offers support and services for those people eligible for assistance. www.dva.gov.au

• Home and Community Care (HACC) Phone: (07) 31394653
  The Home and Community Care (HACC) program funds basic maintenance and support services to help frail older people and younger people with disabilities to continue living in their community. www.health.qld.gov.au/hacc/

• Australasian Podiatry Association Queensland phone — 1300 722 242.
  This organisation can help you to find a podiatrist in your area. www.findpodiatrist.org

Recipes
Dietitians Association of Australia (DDA)
On this website you will find great recipes for Smart Eating. Recipes are there for all occasions, such as delicious, healthy meals and snacks. These recipes are quick and easy to prepare.

Go to the Dietitians Association of Australia (DDA) main website at: www.daa.asn.au and type ‘recipes’ in the search bar to access the recipe page.

Healthy eating self-assessment
The Dietitians Association of Australia (DDA) webpage offers a healthy eating self-assessment. The assessment is in the form of a quiz and helps to find out about your daily food intake compared with the national guidelines. The quiz results give tips on how to improve your eating habits to meet the national guidelines. www.daa.asn.au/smart_eating/quiz/index.asp?pageID=2145836841

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- Older People Speak Out Network
- Aged Care Queensland
- GP Qld
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