

Come & Try

Increasing Physical Activity in Older Adults

Useful Resources:

Choose Health: Be Active - A physical activity guide for older Australians. Canberra: Commonwealth of Australia and Repatriation Commission, 2005.

To order: contact the Department of Veterans' Affairs on 133 254 (Veteran Community Members and Veteran Service Providers), or the Department of Health and Ageing through the Aged Care Information Line on 1800 500 853 (General Community).

Getting Australia Active: Best practice for the promotion of physical activity. Commonwealth Department of Health and Aged Care.

To order: contact Population Health Division Publications, Department of Health and Aged Care on (02) 6289 8654 or email:

phd.publications@health.gov.au

Older, Smarter, Fitter - A guide for providers of sport and physical activity programs for older Australians. Australian Sports Commission and Department of Veterans' Affairs, 2001.

Available online:

www.dva.gov.au/media/publicat/2002/oldersmarter/index.htm

Useful Websites:

www.stayactive.qut.edu.au (Centre for Health Research, Queensland University of Technology)

This site is aimed at persons aged 60 years and older who would like to become more physically active. It contains physical activity facts, tips and stories to inspire, the benefits of day to day activity and how to create a step by step physical activity program. It also has links to activities in local areas and other health sites.

www.nari.unimelb.edu.au (National Ageing Research Institute)

This site contains information on the research and evidence regarding physical activity for older Australians. This includes the newly drafted physical activity recommendations for older Australians, falls and injury prevention initiatives and healthy ageing research.

www.health.qld.gov.au/health_professionals/activity.asp (Queensland Health)

This site contains general information on physical activity and links to related websites, state and national physical activity documents and statistical information relating to physical activity.