

HOW MUCH SHOULD YOU DO?

Aim to do at least **30 minutes** of physical activity **most days of the week**. This can be a single 30 minute session, or several shorter episodes of activity. Remember, even one 10 minute session is helpful and better than none!

Each week, you should aim to include exercise that challenges your **fitness, balance and strength**.

Fitness (cardiovascular) exercise

You should feel a little out of breath, but be able to talk. If you are too out of breath to talk, you are working too hard.

Strength exercise

- You should be able to do each exercise 8-12 times (called the number of repetitions), then rest, and repeat each set of repetitions another 1-2 times. If you are doing 12 repetitions easily it may be time to increase the weight.
- If you haven't done an exercise before, start with no weight or a light weight that you can use **comfortably**.

Balance exercise

- Stay safe! Make sure you have a bench / table / wall close by for support.
- These exercises work your balance, so you should feel a little unsteady, but still in control.
- If you feel you might overbalance, the exercise is too challenging. Try an easier version (eg, by having your feet further apart).

SAFE EXERCISE AT HOME

The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

This website is **not intended to replace individual health professional care.**

If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.