

OLDER ADULTS

(aged 65 years and older)



In older adults, physical activity confers benefits for the following health outcomes: improved all-cause mortality, cardiovascular disease mortality, incident hypertension, incident site-specific cancers, incident type-2 diabetes, mental health (reduced symptoms of anxiety and depression), cognitive health, and sleep; measures of adiposity may also improve. In older adults, physical activity helps prevent falls and falls-related injuries and declines in bone health and functional ability.

It is recommended that:

➤ **All older adults should undertake regular physical activity.**

Strong recommendation, moderate certainty evidence

➤ **Older adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.**

Strong recommendation, moderate certainty evidence

At least **150 to 300** minutes moderate-intensity aerobic physical activity

or

at least **75 to 150** minutes vigorous-intensity aerobic physical activity

or an equivalent combination throughout the week

For additional health benefits:

On at least



2
days
a week

muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups.



➤ **Older adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.**

Strong recommendation, moderate certainty evidence

On at least



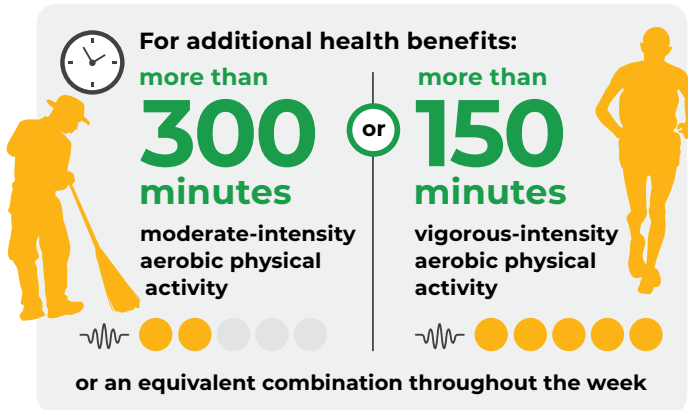
3
days
a week

varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity.



➤ **As part of their weekly physical activity, older adults should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and to prevent falls.**

Strong recommendation, moderate certainty evidence



› Older adults may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for additional health benefits.

Conditional recommendation, moderate certainty evidence

GOOD PRACTICE STATEMENTS

- Doing some physical activity is better than doing none.
- If older adults are not meeting the recommendations, doing some physical activity will bring benefits to health.
- Older adults should start by doing small amounts of physical activity, and gradually increase the frequency, intensity and duration over time.
- Older adults should be as physically active as their functional ability allows, and adjust their level of effort for physical activity relative to their level of fitness.



In older adults, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality, and incidence of cardiovascular disease, cancer and incidence of type-2 diabetes.

It is recommended that:

› Older adults should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

Strong recommendation, moderate certainty evidence

› To help reduce the detrimental effects of high levels of sedentary behaviour on health, older adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

Strong recommendation, moderate certainty evidence

