



Physiotherapists:  
The Body Specialists

# Physio Tips

**SENIORS  
PHYSICAL  
ACTIVITY**

Physiotherapy Association of BC

## Slow Down Aging With Regular Physical Activity

Physiotherapists are reminding older Canadians that it's never too late to take the first step towards a longer and healthier life, through regular exercise. They recommend 30-60 minutes of moderate activity most days of the week. Walking is an easy, low risk mode of incorporating physical activity into daily life.

Physical *inactivity* increases the risk of heart disease, diabetes, colon cancer, high blood pressure, obesity, osteoporosis, muscle and joint disorders, and symptoms of anxiety and depression.

### It's never too late to start exercising.

Exercise isn't just for older adults who live independently and are still very active. Researchers have found that exercise and physical activity can also improve the health of people who are 90 or older, who are frail, or who have the diseases that seem to accompany aging. For some, that can mean the difference between getting up from a chair by themselves, or depending on someone to help them.

Older adults who begin to participate in regular physical activity can improve their quality of life. Regular physical activity helps maintain independence and reduce the risk of falls and fractures.

### A Physiotherapist can help.

Older adults should consult a Physiotherapist regarding their overall fitness status before they begin an exercise program. This will confirm the level of exercise program that is right for them, but also discuss the potential health benefits to be gained.

Physiotherapists are highly skilled health care professionals, qualified in developing exercise programs to suit the needs of seniors, especially those who have chronic conditions affecting their overall physical function. A physiotherapist can tailor a program to optimize physical function and fitness, and help gain and maintain mobility.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.



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