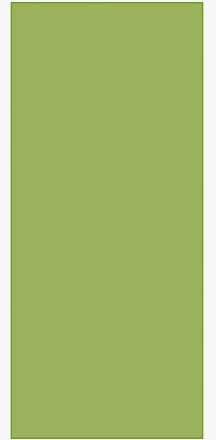


# ACTIVE LIVING

KEEPING ACTIVE AS WE GET OLDER



# WELCOME AND INTRODUCTIONS

- Fiona O' Shea
- Teresa Twohig
  
- Senior Community Physiotherapists in North South Lee Cork



# OUTLINE

- Physical activity and sedentary behaviour
- Exercise session
- Normal age related changes
- Aging muscles and sarcopenia
- Feel better and live well
- Q and A

# COVID 19

- Affected every member of our society
- Decreased activity as the silent impact of the pandemic
- Poor lifestyle choices and increased stress levels
- Simple everyday measures you can take to improve your own health and well being.

# IF YOU WERE OFFERED A PILL THAT

- Helped control your weight
- Boosted your immune system
- Protected you from long term health conditions
- Improved your mood and mental health
- Strengthened your muscles and bones

**WOULD YOU TAKE IT ?**



# PHYSICAL ACTIVITY IS THIS “PILL”



# WHAT IS PHYSICAL ACTIVITY?

- Physical activity is any movement of the body that uses energy.
- This can include walking, cycling and household chores, such as cleaning and gardening.



# BENEFITS OF PHYSICAL ACTIVITY

- Bone Health/ Fall Prevention/Balance
- Brain Health
- Weight Management



- Prevention of long term health conditions

- Heart and Lung Function

- Mood

- Anti-Inflammatory Effects



**HOW MUCH ACTIVITY IS  
RECOMMENDED?**



# BE ACTIVE



At least

**150 minutes**  
moderate intensity  
exercise per week

# How hard should I work?

## Talk test

### How hard should it be!

- 0 No Effort
- 1 Very, very light
- 2 Very light
- 3 Very easy to manage



- 4 Easy to manage
- 5 Very slight challenge
- 6 Slight challenge



- 7 Challenging
- 8 Hard
- 9 Very hard
- 10 Extremely hard

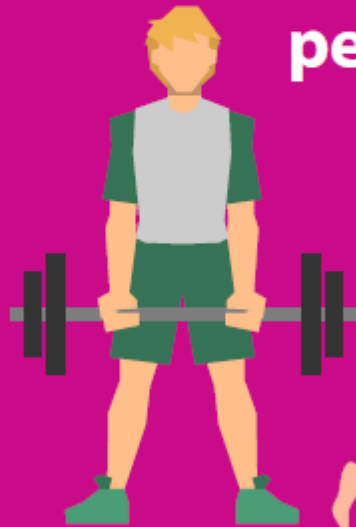


Keep it in the green zone!

WHAT OTHER TYPES OF  
ACTIVITY IS BENEFICIAL

# Build strength

on at least 2 days  
per week, to keep  
muscles, bones  
and joints  
strong





For older adults,  
**improve  
balance**  
2 days a week,  
to reduce the  
chance of  
**falls and frailty**



# GETTING STARTED

- If you've been inactive for a while, you can gradually build up your activity to reach recommended levels.
- Its never too late to be active

# REMEMBER

- Pace yourself
- Be realistic
- Don't push yourself too hard too fast
- Take breaks as needed
- Listen to your body

# WHAT IS SEDENTARY BEHAVIOUR?

- Sedentary behaviour is sitting or lying down for long periods.
- Common sedentary behaviours include watching television, reading, using a computer, driving





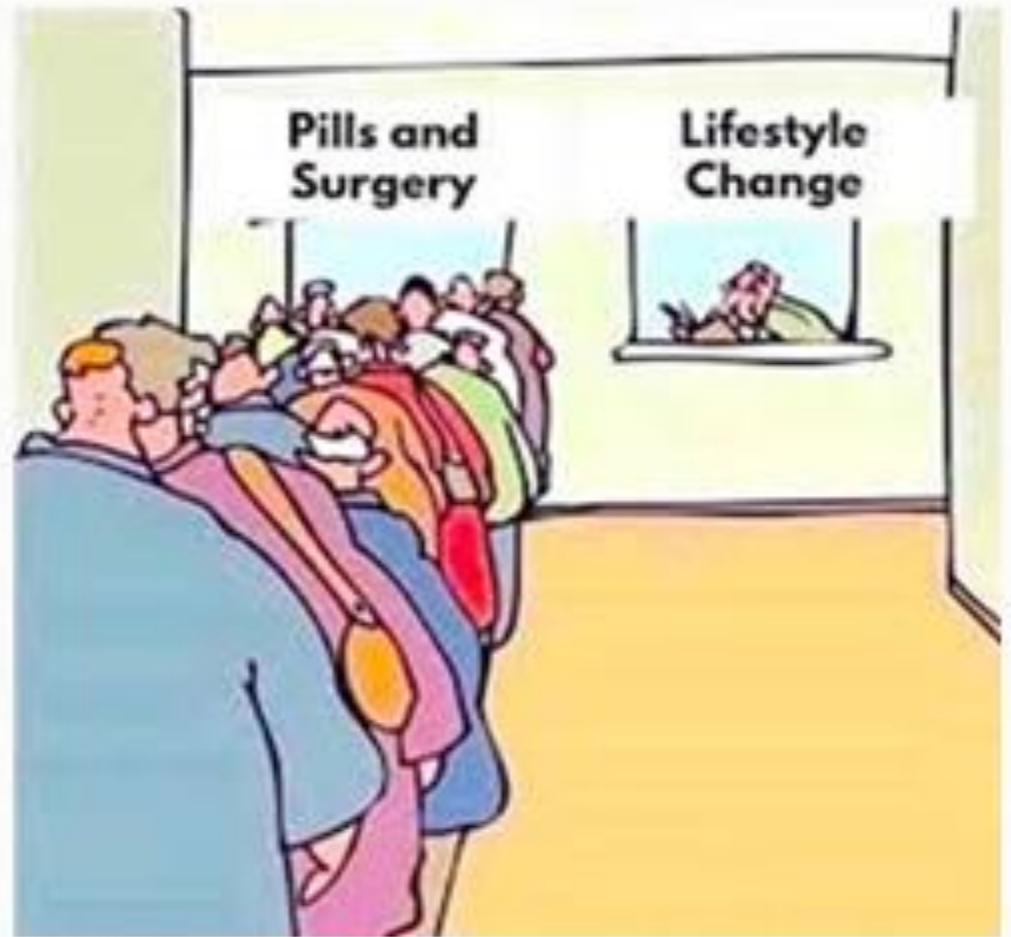
# Minimise sedentary behaviour



break up  
periods of inactivity

# Sedentary Behaviour

**Sedentary behaviour** is in itself **a risk factor** for chronic disease



# TIPS TO REDUCE SEDENTARY BEHAVIOUR

- Avoid long periods sitting in front of a TV or computer
- Place your phone or tv remote at the far end of the room so you have to get up to use it
- Stand up and move during TV ad breaks
- Stand or walk while on the phone
- Use the stairs as much as possible

- Take up active hobbies such as gardening and DIY
- Join in virtual community-based activities, such as dance classes and exercise groups.

# TAKE HOME MESSAGES

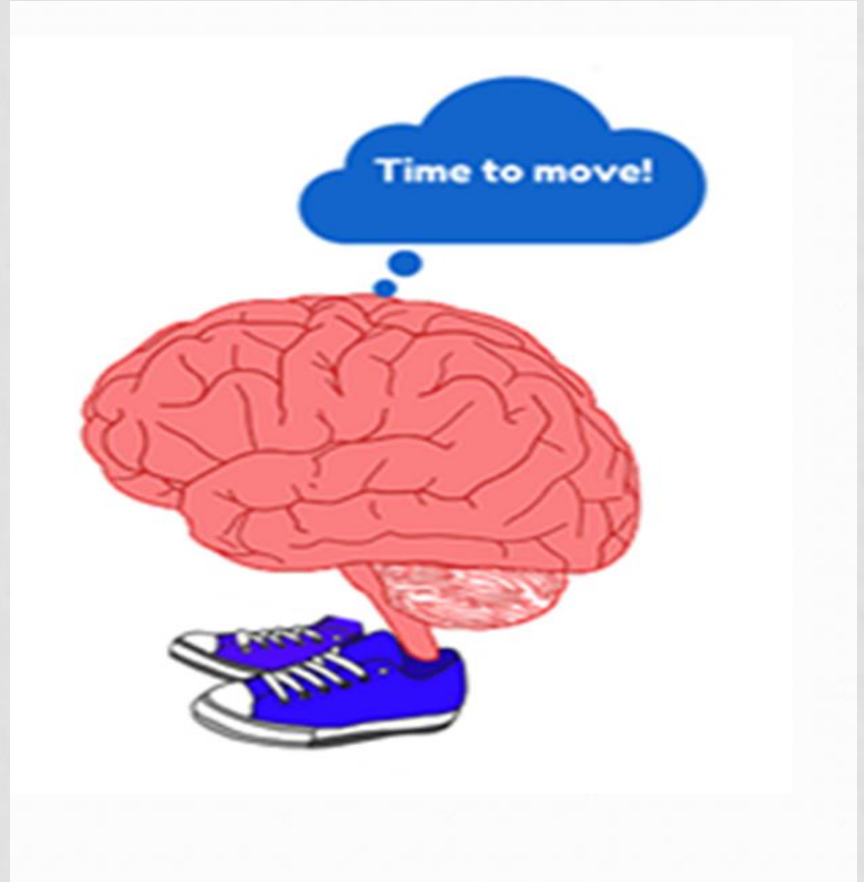
- Physical activity is good for hearts, bodies and minds
- Some physical activity is good AND more is better
- Everyone can benefit from increasing physical activity and reducing sedentary behaviour

WHO 2020

**EVERY SMALL CHANGE MATTERS**



# EXERCISE SESSION



# NORMAL AGE RELATED CHANGES

**Healthy ageing is a lifelong process that begins early in life**

- Grey hair
- Skin
- Cardiovascular system ( heart and blood vessels )
- Bone health
- Brain
- Metabolism
- Muscles

FROM ATHLETES TO  
ELDERLY , MUSCLES MATTER

# MUSCLES AND SARCOPENIA

- Sarcopenia is severe loss of muscle mass , it is more common in older adults
- This decrease in muscle leads to reduced strength
- As a result, sarcopenia can affect a person's ability to perform everyday tasks i.e. reduce function like climbing stairs, lifting children and walking

# CAUSES OF SARCOPENIA

- Ageing ; after the age of 40 muscle mass reduces by 1% a year , this means our muscles shrink
- Sedentary lifestyle; reduced physical activity puts people at an increased risk of developing sarcopenia as we get older
- Poor nutrition ; as we get older , we usually start to eat less. Poor diet , or a diet that does not have sufficient protein can contribute to the development of sarcopenia.

# SYMPTOMS OF SARCOPENIA

- Noticing you walk slower than you normally would
- Weakness in arms and /or legs
- Gradual weakening of your grip

# THE GOOD NEWS

- There is a lot you can do!



# HOW IS SARCOPENIA TREATED

- Combined strength training and a diet rich in protein is the most efficient way to build muscle mass and increase muscle strength.



# HOW IS SARCOPENIA TREATED

- **Exercise**

Introducing strengthening exercises into your routine 2-3 times per week can help slow the effects of sarcopenia . Strength training can stop our muscles shrinking and can help strengthen our bones.

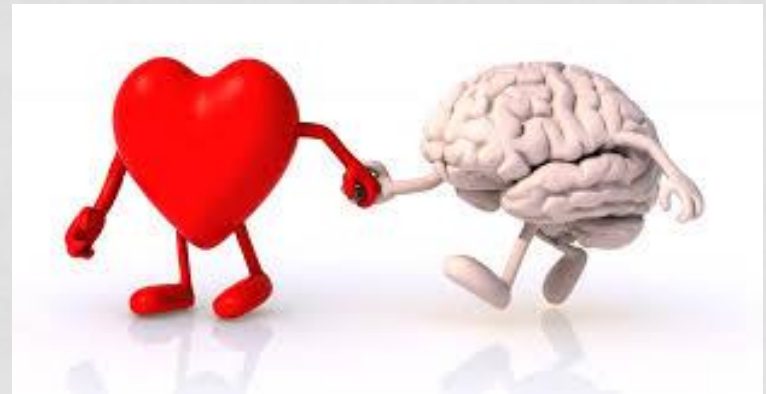
# HIGH PROTEIN DIET

- It is important as we get older to eat plenty of protein. Protein is very important in preserving muscle.
- Aim to have protein at each meal
- Sources of protein are meat , chicken, fish , eggs , beans and nuts
- Dairy is another source of protein which is very beneficial for muscle health .

**ANOTHER BENEFIT OF DOING PHYSICAL  
ACTIVITY IS AN IMPROVEMENT IN BRAIN  
HEALTH**

# PHYSICAL ACTIVITY & BRAIN HEALTH

- Increases blood flow to your brain
- Improves concentration
- Improves attention
- Enhances memory
- Lifts mood



**WHAT CAN YOU DO  
TO KEEP YOUR  
BRAIN HEALTHY**

**???**

# FEEL BETTER AND LIVE WELL

- Mental Health and Emotional Wellbeing
- Healthy Eating
- Alcohol
- Smoking
- Tips for better sleep

# MENTAL HEALTH & EMOTIONAL WELLBEING



**#littlethings**

# 8 HOURS SLEEP MAKE THE OTHER 16 EASIER

Getting a good night's sleep as often as you can is proven to have a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](https://yourmentalhealth.ie)  
#littlethings



# IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
[#littlethings](https://twitter.com/littlethings)

# DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking less alcohol will have a positive impact on their health and mental wellbeing.



Little things can make a big difference

[yourmentalhealth.ie](https://yourmentalhealth.ie)  
[#littlethings](https://twitter.com/littlethings)

# BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
[#littlethings](https://twitter.com/littlethings)

# LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have  
a positive impact on how we feel.



Little things can make a big difference

[yourmentalhealth.ie](https://yourmentalhealth.ie)

#littletings

# THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have  
a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](https://yourmentalhealth.ie)  
#littletings

# PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have  
a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littlethings

# DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven to have a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
[#littlethings](https://twitter.com/littlethings)

# ADD FRIENDS TO YOUR TEA

Keeping in touch with friends is proven to have a positive impact on how you feel.



Little things can make a big difference

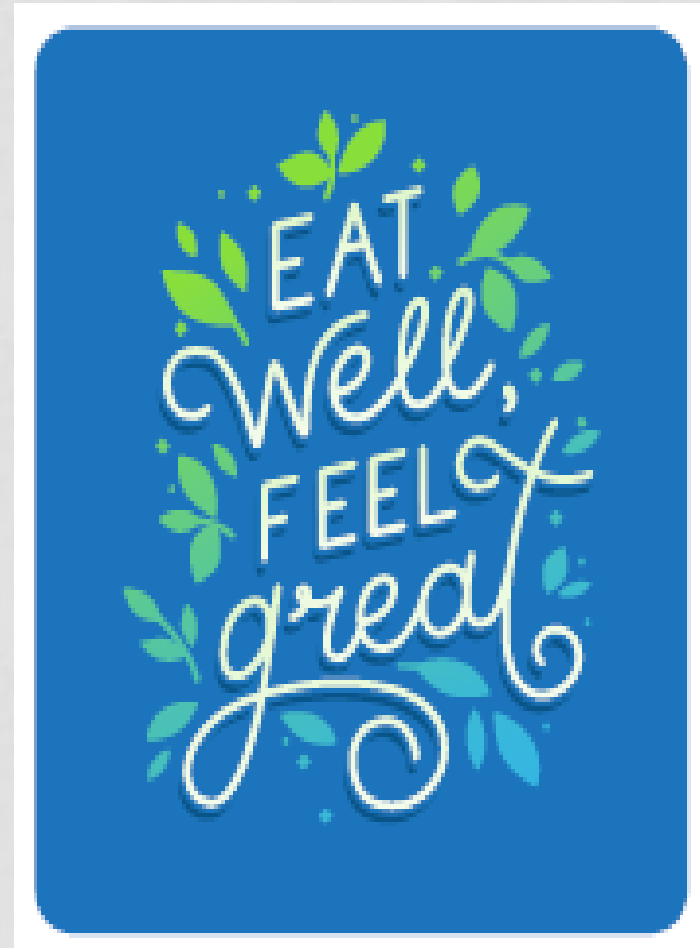
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littlethings



# HEALTHY EATING

- Eating healthily can help you feel good, give you more energy and stay at a healthy weight
- Eat more vegetables, salads and fruit- up to 7 servings a day.
- Routine is important, try your best to plan for three healthy meals a day and snacks if necessary

- Size matters; use the food pyramid as a guide for serving sizes
- Maintain a healthy body weight . Being overweight or underweight can have effects on your well-being
- Stay hydrated – drink 8 glasses of fluid a day – water is best



**Every small change matters**

## The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

Vegetables, salad and fruit

5-7 Servings a day

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 cups of fluid a day – water is best



### Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

# ALCOHOL

## Recommended Low Risk guidelines:

up to

1 1

standard drinks  
spread out over  
one week



up to

1 7

standard drinks  
spread out over  
one week

## A standard drink is:



Small glass of wine  
(100ml)



Half pint of lager,  
beer or stout (284ml)



Pub measure of  
spirits (35.5ml)

# SMOKING

*It is never too late to stop smoking  
- the benefits begin as soon as you stop*

# QUIT

Don't Smoke and if you do,  
quitting smoking is the best  
thing you can do to improve  
your health.

YOU can Quit and WE can help.

---

**Call 1800 201 203**  
**[www.quit.ie](http://www.quit.ie)**

# SLEEP

- High quality night time sleep is another way to boost energy
- Aim for 7-8 hours sleep per night
- Getting a restful , undisturbed sleep is what's most important





# 10 TIPS FOR BETTER SLEEP



**Maintain a  
consistent daily  
routine**



**Reduce your  
daily caffeine  
intake**



**Turn off the  
computer, phone  
or television**



**Don't go  
to bed on an  
empty stomach**



**Don't go  
to bed on a  
full stomach**



**Limit beverage  
consumption  
before bed**



**Invest in a  
comfortable  
mattress, pillow  
& bedding**



**Engage  
in regular  
exercise**



**Keep your  
room  
dark & quiet**



**Go to sleep and  
wake up using  
your internal  
alarm clock**

# TAKE A MOMENT

- Health & Wellbeing is often not about one big change but about a series of small changes
- Focus on progress, not perfection
- Those small 1% wins, over time can transform your life

# KEY TAKE HOME MESSAGES

- Move more
- Sit less
- Aim to have protein at every meal starting with breakfast
- Make healthy lifestyle choices

**Every small change matters**



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



CÚRAM SLÁINTE POBAIL  
**CORCAIGH CIARRAÍ**  
**CORK KERRY**  
COMMUNITY HEALTHCARE



# Fit to Flourish

A simple guide from your HSE physiotherapist  
to keep you active and healthy

