



# Get Moving!

## Fun Activity Ideas for Older Adults

For more information on how you can get active and stay active, visit the [HPW Active Living Web page](#).

Physical activity is one of the most important ways to improve your health.<sup>1</sup> For most health outcomes, additional benefits occur as the amount of physical activity increases in intensity, frequency, or duration.<sup>1</sup> This fact sheet provides examples of fun ways for all ages to incorporate the recommended amount of aerobic physical activity each week. In addition to weekly aerobic activity, muscle strengthening physical activities should also be performed that use the body's muscles to work against an external force, often weights or other resistance.<sup>1</sup> And remember, some activity is always better than none!

### Key Guidelines

Older adults ages 65 and older should get at least 2 hours and 30 minutes of moderate-intensity (MI) physical activity OR 1 hour and 15 minutes of vigorous-intensity (VI) aerobic physical activity each week.<sup>1</sup> On at least two days each week, older adults should also incorporate muscle strengthening exercises that work all major muscle groups.<sup>1</sup>

MI



### Yoga

Duration: 30 minutes  
Repetition: 5 times/week

VI



### Tennis (singles)

Duration: 75 minutes  
Repetition: once/week

MI



### Golf (without a cart)

Duration: 150 minutes  
Repetition: once/week

VI



### Heavy Gardening or Yard Work

Duration: 25 minutes  
Repetition: 3 times/week

VI



### Step Aerobics

Duration: 25 minutes  
Repetition: 3 times/week

MI



### Fly Fishing

Duration: 75 minutes  
Repetition: 2 times/week

VI



### Very Brisk Walking

Duration: 15 minutes  
Repetition: 5 times/week

MI



### Vacuuming

Duration: 30 minutes  
Repetition: 5 times/week

### References

1 U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed February 2015.

2 Centers for Disease Control and Prevention. General Physical Activities Defined by Level of Intensity. [http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA\\_Intensity\\_table\\_2\\_1.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf). Accessed February 2015.



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