



World
PT Day
2025

ACTIVITY FOR HEALTHY AGEING

Doing some physical activity is better than none

Start by doing small amounts, and gradually increase over time.

Older adults should be as physically active as they can

Adjust the effort according to your fitness and range of motion.

Sit less!

Sitting for long periods of time is bad for your health, break up and reduce your sitting time by moving around regularly.

Physical activity reduces the risk of:

● cardiovascular disease

● type 2 diabetes

● poor bone health (osteoporosis)

● high blood pressure

● falls and related injuries

● cognitive decline (eg memory loss, dementia)

● some cancers

It will also improve your overall health, including your mental health, as well as help you move and sleep better.

How much physical activity and exercise should you do?

150-300
minutes

of moderate-intensity aerobic physical activity throughout the week



75-150
minutes

of vigorous-intensity aerobic physical activity throughout the week



OR

PLUS

2 days

per week do muscle-strengthening activities involving all muscle groups



On at least **3 days**

per week do varied physical activity that focuses on balance and strength – this will help you achieve your overall physical activity goals.

Your physiotherapist will be able to advise an exercise programme that works best for you. Join group classes that focus on balance and stretching, eg yoga, tai chi, and Pilates.

Limit your sitting time and replace with any type of physical activity:

- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies such as gardening
- join in community-based activities, such as dance classes and walking groups
- take up active play with grandchildren, if you have them
- do most types of housework



As the specialists in movement and exercise, physiotherapists can help you remain active as you get older



World
Physiotherapy

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8 September

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