

## STICKING WITH IT...

Physical activity and exercise is important to stick with for life. Getting into a habit is the best way to keep going.

- Set regular times
- Have a goal, review the goal and then set new goals.
- Make it social
- Keep track of your progress
- Add small and safe challenges
- Notice and celebrate your achievements!
- Know what motivates you and what might get in your way and have a strategy for these.
- Be flexible to change plans.

Don't be disheartened if you sometimes see slower improvements, lose motivation or have setbacks. This can happen and is normal.

Sport and exercise are not the only ways to be physically active. You can improve your health and fitness by being more active in your day-to-day life.



**MOVING  
FOR LIFE  
YOUR WAY**

# GET READY FOR WALKING FOOTBALL



## **CONGRATULATIONS ON CHOOSING TO PLAY WALKING FOOTBALL!**

Walking football is a game for everyone!  
The rules are designed to keep you involved,  
safe and having fun.

Walking football can help you to get more  
physical activity into your life, improve your  
health, fitness, strength and balance.

## **PHYSICAL ACTIVITY – FOR LIFE!**

It is important to do some form of physical  
activity, no matter your age, weight, health or  
abilities.

Physical activity improves our physical and  
mental health and wellbeing. It also helps us  
to stay independent.

If you have any concerns about increasing  
your current level of physical activity talk to  
your doctor or health professional.

## **EXERCISING SAFELY**

If you haven't been active for a while it is  
important to start at a level that is easy to  
manage and gradually build up the amount,  
type and frequency of the activity.

If you have always done vigorous physical  
activity, carry on in ways which suit you.

- Wear comfortable clothing and supportive non-slip shoes.
- Drink plenty of water.
- Stop exercising if you experience dizziness, shortness of breath, chest pain or nausea and contact your doctor.
- Muscle discomfort after exercise can be normal, however if this lasts more than 2 days reduce the exercise difficulty.



## **MAKE ACTIVITY A PART OF YOUR DAY!**

- Plan when, where and how you will be active.
- Take every opportunity to be active in as many ways as possible.
- Include a range activities that incorporate cardiovascular fitness, strength, balance and flexibility.
- Accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days. This means activity where your breathing and heart rate are increased and you can still talk comfortably.
- Do strength activities 2 - 3 times a week for muscle and bone strength.
- Practice balance exercises and activities everyday to prevent falls.
- Include flexibility exercises and activities to reduce stiffness and for ease of movement.

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**WANT MORE YEARS IN YOUR LIFE AND LIFE IN YOUR YEARS?... STAY ACTIVE!**

## SIT TO STAND

Strengthens legs and hips, improves balance and walking.



### HOW TO DO IT

1. Sit in a firm, upright chair.
2. Outstretch arms, lean forward and stand fully upright.
3. Sit down and repeat.
4. Build up to 10 repetitions.

To progress, stand up with your arms crossed over your chest. Increase the number of repetitions or speed.

## BALANCE WALK

Improves balance, leg strength and walking.



### HOW TO DO IT

1. Raise arms out to sides
2. Walk slowly straight ahead, raising knees up (like you are stepping over something).
3. Walk across the room, turn and repeat.

To progress, increase the distance you walk. Look from side to side. Walk with one foot directly in front of the other, as though on a tightrope.

## WALL PUSH UP

Strengthens chest, shoulders, arms, back and abdominals.



### HOW TO DO IT

1. Stand with hands on a wall at shoulder height, and feet arms-length away. Make sure you are wearing non-slip shoes.
2. Bend elbows and lean towards the wall, keeping your body and legs straight.
3. Push away from the wall.
4. Build up to 10 repetitions.

To progress, stand further from the wall.

## CLOCK STEPS

Improves hip and leg movements and stepping reactions.



### HOW TO DO IT

1. Imagine you are at the centre of a clock face.
2. Step your feet out to all the clock numbers and back to the centre after each step.
3. The right foot steps to numbers on the right side and left foot steps to numbers on the left.

To progress, take larger steps or step faster.

Check out the 'Clock Yourself' phone app!

## HEEL AND TOE LIFTS

Strengthens your shin and calf muscles, and improves walking.



### HOW TO DO IT

1. Stand upright holding something for support.
2. Lift your heels then lower them to the floor.
3. Lift your toes, shifting your weight onto your heels, then lower your toes back to the floor.
4. Repeat 10 times.

To progress, use less support (one hand, 2 fingers, no support). Lift toes and heels higher.

## UPPER BODY TURN

Improves trunk and abdominal strength, neck and back mobility.



### HOW TO DO IT

1. Stand upright with chin tucked in.
2. Slowly turn head, shoulders and chest to one side until you feel a slight stretch. Slowly turn to the other side.
3. Repeat 10 times.

Keep knees and hips stay facing straight ahead.

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**AIM FOR 30 MINUTES A DAY**

**LIVE WELL, PLAY WELL**

**MOVE MORE, SIT LESS**