

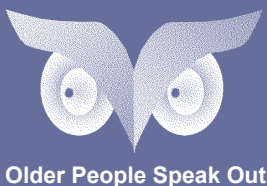
For your free copy of **Ageing with vitality:**  
**Your everyday guide to healthy active living,** contact Queensland Health  
 Publications. Telephone (07) 3234 1053,  
 email [stayonyourfeet@health.qld.gov.au](mailto:stayonyourfeet@health.qld.gov.au)

# Ageing with vitality:

Your everyday guide to healthy active living



LOCAL GOVERNMENT  
 ASSOCIATION  
 OF QUEENSLAND INC.



**FREE**  
 guide  
 available

**Ageing with vitality: Your everyday guide to healthy active living** is full of tips, real-life stories and sample exercises to make being healthy and active fun.

The guide suggests everyday activities and exercises for strength, balance, flexibility and endurance that you can do at home.

It includes tips, simple step-by-step instructions and photographs. The workbook will help you plan your physical activity and review your progress over time.

The guide has three progression levels, so if you're already active it can help you improve your fitness. If you're not very physically active, it's never too late to start! Order a free copy of the guide and discuss any concerns you have with your doctor/health professional.

### **Strength**

Even small increases in muscle strength can make a big difference in helping you with everyday activities, such as climbing stairs, carrying shopping bags, pushing a wheelbarrow or picking up a grandchild.



#### **Free guide available**

To find out more about staying active and eating a healthy diet, obtain a **free copy** of *Ageing with vitality: Your everyday guide to healthy active living*.

### **Balance**

Your body is constantly rebalancing itself as you change positions, stand, walk or sit. As you grow older, your ability to correct balance decreases. Activities to improve your balance will help you stay active and independent.



### **Flexibility**

Stretching can help your body stay flexible, which gives you more freedom of movement for your regular everyday activities.



### **Endurance**

Endurance or aerobic activities increase your breathing and heart rate. These activities help you stay healthy, do everyday tasks and improve your fitness.



### **Healthy eating**

Eating a wide range of nutritious foods is as important as staying active. As we get older, our dietary needs change. The guide gives tips for healthy eating, getting enough fluids, eating out and dietary supplements.

