

BEING ACTIVE SHOULD BE PART OF EVERYDAY LIFE!

Regular physical activity has many benefits and can improve mental health and well-being. Muscles and bones are designed to move. If not used, our functionality starts to reduce which effects our ability to do activities of daily living and to enjoy an independent life.

LIFE CURVE

The LifeCurve™ is a tool developed to help you stay as fit and able as possible as you age. Look at the graph below. Most people will start to lose the ability to carry out these 15 daily activities in an order similar to that shown.

How many can **you** do? If you find some of them a struggle, remember, it's never too late to make a difference and help change the shape of your curve.

Access the Life Curve™, along with local support and information at: www.smartlifeinfife.org



By working on Strength and Balance, flexibility and some aerobic exercises you can make improvements. Be guided by you.

EASY ACTIVITIES TO KEEP YOU FIT AND HEALTHY

Strength and Balance – These are specific exercises that will help you stay strong and steady on your feet. We need strength to stand up and to do activities of daily living. We also need balance to remain upright and to cope with tricky situations, such as climbing steps and walking over uneven surfaces.

DO THIS CHALLENGE WITH A **CHAIR** OR **WALL** IN FRONT OF YOU

TRY THE **BALANCE CHALLENGE**

STAND TALL WITH YOUR FEET HIP WIDTH APART. BEND ONE LEG AND LIFT YOUR FOOT OFF THE GROUND. IF IT'S TRICKY, HOLD ONTO BACK OF THE CHAIR. **TRY TO HOLD THIS FOR 30 SECONDS.**

YOU'LL NEED A **CHAIR** (WITHOUT WHEELS) FOR THIS EXERCISE

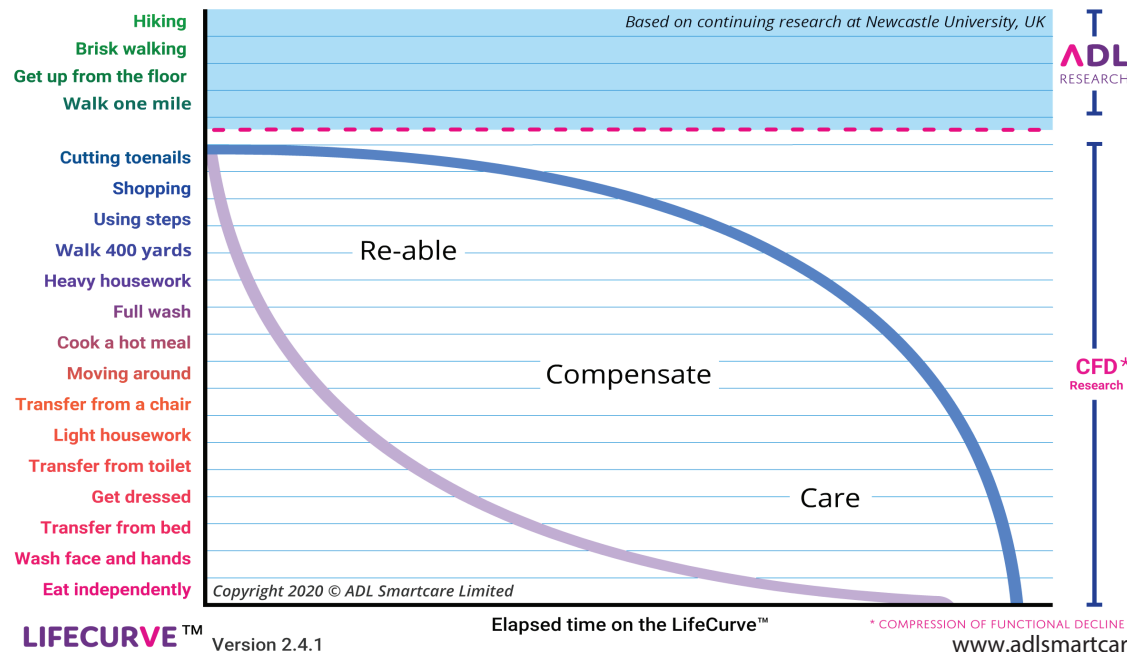
SIT TO STAND

MOVE TO THE FRONT PORTION OF THE CHAIR, DRAW YOUR FEET BACK UNDER YOUR KNEES.

PUT YOUR HANDS ON YOUR THIGHS, LEAN SLIGHTLY FORWARD UNTIL YOUR NOSE IS OVER YOUR TOES, SQUEEZE YOUR LEG MUSCLES AND PUSH THROUGH YOUR FEET TO STAND UP.

ONCE STANDING KEEP YOUR FEET MOVING BY MARCHING ON THE SPOT TO KEEP THE BLOOD CIRCULATING.

TO SIT DOWN, WALK YOUR LEGS BACK UNTIL THEY TOUCH THE CHAIR, REACH YOUR HANDS PAST YOUR BOTTOM TO FEEL THE CHAIR AND SIT DOWN SLOWLY. **REPEAT.**



SEDENTARY - Sitting for too long slows down your metabolism dramatically and raises the risk of heart disease, type 2 diabetes, and cancer. Just standing up every 20 - 30 minutes can make a massive difference to your health. It helps to reduce inflammation in your joints, maintain a healthy weight, increase energy levels and improve mood. (Standing up regularly not only helps reduce your sedentary but uses the strength and balance mentioned overleaf).

WALKING - Walking is a great way to move more, get outside and enjoy the benefits to your wellbeing through nature. Walking is an aerobic activity that works your heart and lungs and improves your fitness.

AEROBIC TYPE ACTIVITIES - This is activity that warms you up and gets you breathing slightly harder. For some this may just be a walk around the garden, for others it may be a 30-minute run. Aerobic fitness is important for building your endurance and for working your cardiovascular system (your heart and lungs).

**SOME IS GOOD
MORE IS BETTER**



EVERY MINUTE COUNTS

BUMS OFF SEATS delivers a programme of short volunteer led health walks in towns across Fife every week. Whether you would like to start walking more for pleasure or for exercise, to discover walks in your local area or to have some company, **Bums off Seats** are always looking for new people to join in their fun and sociable walks. For more information contact **active fife** - details below.

Classes are also available in Fife for those returning to physical activity or with a health condition. For times and venues visit: **active.fife.scot** or **www.fifeleisure.org.uk**

Our website **active.fife.scot** has lots of different ideas and options to help you on your journey to being more active and healthier. We have **activities at home**, **Strength & Balance** and **Walking**.



**STAY ACTIVE,
STAY HEALTHY,
STAY INDEPENDENT**



ActiveFife
Way of life

