



MINISTRY OF  
**HEALTH &  
WELLNESS**

# **P**hysical **A**CTiViTY

**FOR OLDER PERSONS**



JAMAICA MOVES



# GUIDE FOR OLDER PERSONS

Prepared by:  
Charmaine Plummer

**First Edition**

©2020 Ministry of Health and Wellness.

*All rights reserved.*

*This guide is protected by copyright. No part of it may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without written permission of the publisher.*



# BENEFITS

 **Better cognitive function**

 **Strengthens muscles and bones**

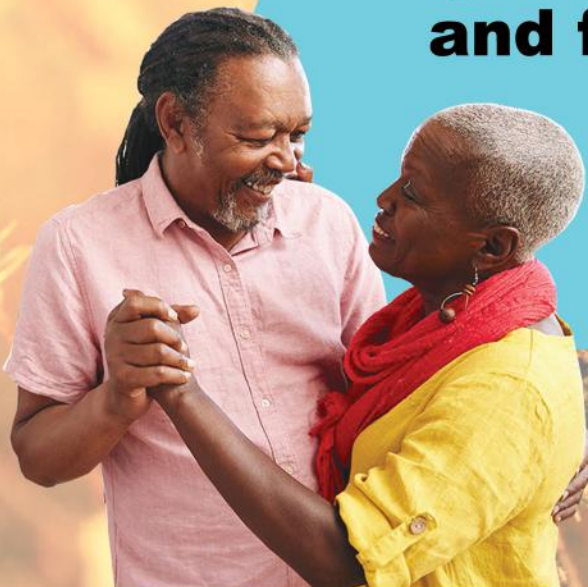
 **Reverses Aging**

 **Improves Flexibility**

 **Increases Circulation**

 **Reduces falls and bed sores**

 **Helps you recover quicker after a stroke and fractures**





# RECOMMENDATION

## ADULTS 65 YEARS AND ABOVE:

- 30 minutes aerobic activity at moderate intensity, at least 5 days per week **OR**
- 15 minutes aerobic activity at vigorous intensity, at least 5 days per week. ***This can be a combination of moderate and vigorous intensity activity.***

### ***For additional health benefits:***

- 60 minutes aerobic activity at moderate intensity, at least 5 days per week **OR**
- 30 minutes aerobic activity at, vigorous intensity, at least 5 days per week.

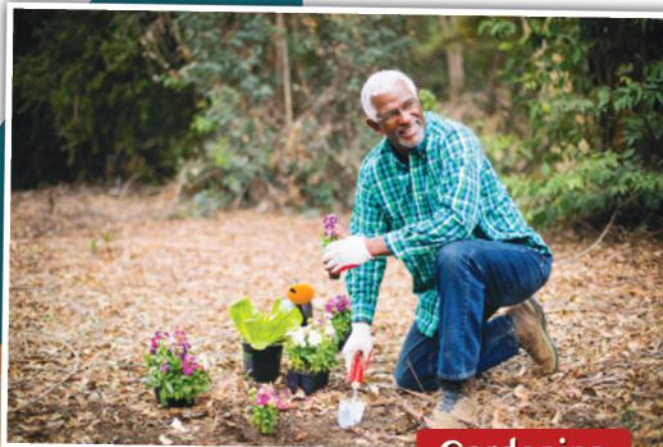


- If you have a medical condition or poor mobility, and have clearance by your doctor to do physical activity, do it 3 days per week based on the following:
  - Activities that you can do within the limitations of your condition
  - Activities that will help to improve balance and prevent falls



# ACTIVITIES YOU CAN DO:

*Toe Stand*  
*Gardening*  
*Yard Work*  
*Standing Leg Curl*  
*Standing Leg Squat*  
*Wheelchair Exercise*



Gardening



Arm Curl

# STRENGTH

# ACTIVITIES THAT ARE SAFE



Standing Leg Squat



Toe Stand



Standing Leg Curl



Yard Work



# CARDIOVASCULAR ACTIVITIES THAT ARE SAFE

- ✓ Walking
- ✓ Dancing
- ✓ Jogging
- ✓ Swimming
- ✓ Aerobics
- ✓ Gardening
- ✓ Using Walker



Swimming



Walking



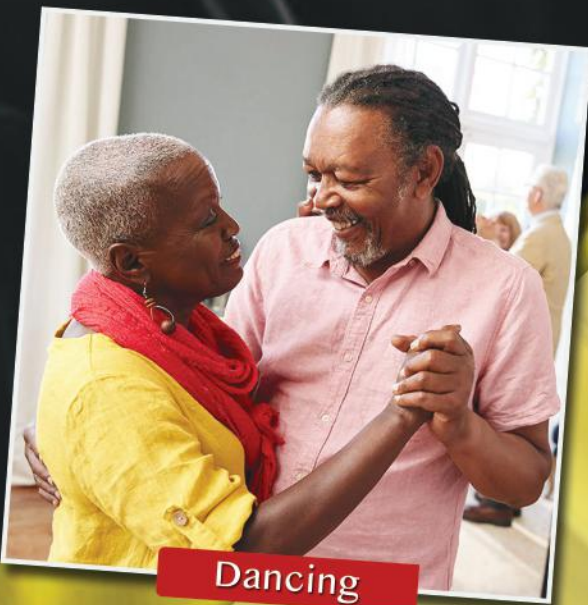
Riding Bike



Walking



Gardening



Dancing

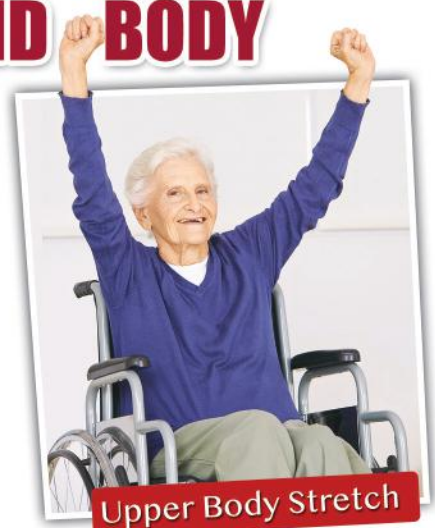


# STRETCHING ACTIVITIES THAT ARE SAFE

**UPPER BODY, MID BODY  
& LOWER BODY**



Lower Back  
& Hamstring  
Stretch



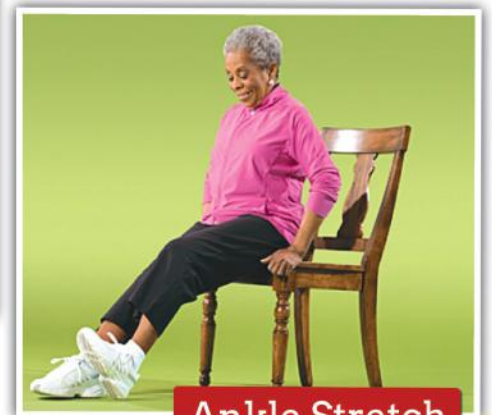
Upper Body Stretch



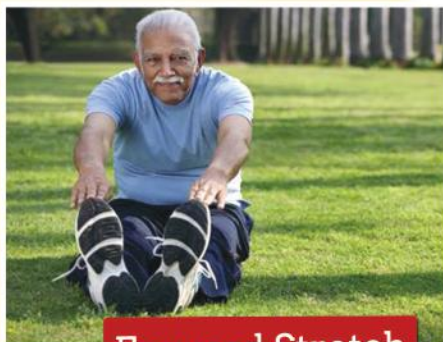
Knee Extension Stretch



Upper Back Stretch



Ankle Stretch



Forward Stretch



Chest Stretch



Side Stretch



# ACTIVITIES that are SAFE for the ELDERLY

## B • I • N • G • O



**CHEST STRETCH**



**USING WALKER**



**ONE LEG SQUAT**



**RIDING BIKE**



**DANCING**



**TAI-CHI**



**SWIMMING**



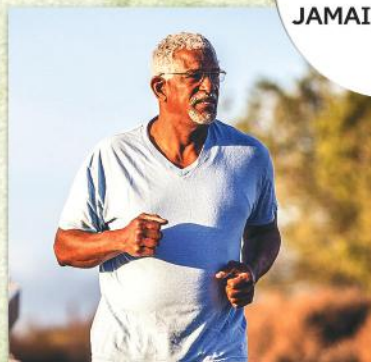
**UPPER BODY STRETCH**



JAMAICA MOVES



**LEG STRETCH**



**JOGGING**



**SIT UP**



**SHOULDER STRETCH**



**SIDE STRETCH**



**KNEE EXTENSION**



**TOE STAND**



**RAKING LAWNS**



# NOTE



*For more information, please contact us at:*



[www.moh.gov.jm](http://www.moh.gov.jm)  
[www.jamaicamoves.com](http://www.jamaicamoves.com)

10-16 Grenada Way, Kingston 5



@themohgovjm  
@jamaica\_moves