

HOW TO LIVE LONGER BETTER

According to the NHS UK website:

Adults aged 65 and over should be active each day. You should improve strength and balance on at least 2 days of the week.

WHY?

Regular physical activity can reduce the risk of many of the health problems that come with age.

Increasing your fitness, through walking, can reduce the risk of heart disease and stroke.

Are you worried about falling? Strength and balance activities can help to make you feel stronger on your feet.

NHS UK show there is evidence that a healthy lifestyle can reduce risk of dementia. Dementia is not a natural part of ageing. Follow the guidelines of doing 150 minutes of exercise each week to keep healthy. This involves getting out of breath.

It is also important to sit less. Try and get up and make the effort to move. Why not look for other ways to keep active in your local area?



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MORE WALK IDEAS
CAN BE FOUND HERE:

www.thehikinghousehold.com

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www.thehikinghousehold.com

LIVE LONGER BETTER.

in Cumbria



A LEAFLET TO HELP THE PEOPLE OF
CUMBRIA TO LIVE LONGER BETTER



Be part of it!

THIS LEAFLET WAS MADE POSSIBLE BY ACTIVE CUMBRIA'S LIVE LONGER BETTER IN CUMBRIA PROGRAMME. IT WAS ALSO MADE POSSIBLE BY THE RECONDITIONING FUND.

Walking is a great way to stay active:

- Aim to be active every day. A short walk will improve your physical health over time.
- Walking improves your health and reduces the risk of heart disease and stroke.
- Walking is one of the easiest ways to get more active.
- Did you know that there are many easy walking groups across the county, like Ramblers Wellbeing Walks Cumbria?

YOU CAN USE THIS LEAFLET ANYWHERE

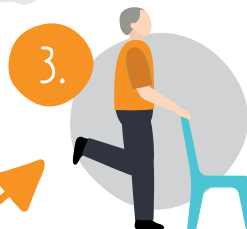
- Outside, at your local park. Using benches or trees if needed.
- Inside, in your own home. Using sofas, chairs or tables as needed.
- At your local leisure centre. Using their equipment if needed.
- This leaflet can be used wherever you see fit and it can be added to your daily living.

Feedback from the founder of The Hiking Household:

"Sadly in April 2024 I underwent brain surgery. Since then I haven't been able to walk (yet!). Doing these tasks daily has really helped me to get better. Only a few months ago I was in a wheelchair. Now I can stand and do a few steps alone. Daily activities really do make a difference."



Sit To Stand: Why not stop and try some strength work? Try sitting on a bench, or sofa, and stand up and back down again. Do this five times. Move forward into the front third of the bench/sofa. Put your feet flat on the floor, then slide them back slightly. Lean forward over your knees, keeping your head and shoulders high. Push through your heels to stand. This exercise can reduce falls later on in life.



Knee Bends: Stand up tall against the bench and bend one knee. Bring your foot slowly towards your bottom, keeping the other leg straight. Return to the starting position. Try this 5 times on each side, building up to 10 times. This will strengthen the large muscles in your hips and thighs. It will also help your balance. This can help when going upstairs and walking.



Why not stay a little while longer? Sit down, read a newspaper and fill out a crossword. **Playing puzzles** can improve your short term memory, reduce stress and improve your sleep.



Side Hip Strengthener: Stand tall besides a bench, or chair. Hold on and keep the leg you're using straight, with the foot straight forward. Slowly lift your leg out to the side, and return. Try to keep your body upright. Repeat 5 times, build up to 10 times. Swap round and exercise the other leg. This exercise helps you with stepping up over pavements, kerbs and stairs.

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MORE ACTIVITIES
CAN BE FOUND ON:

www.activecumbria.org

Part of the
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revolution!

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