Resources for Active Ageing

This extensive list of resources has been put together by 4th Year Physiotherapy Students (Benita Helmore and Jack Armfield) on placement with Good Country Physiotherapy (September 2020).

## Benefits of Physical Activity

1. Physical activity guidelines - <https://www1.health.gov.au/internet/main/publishing.nsf/Content/phy-activity>
2. Heart foundation website of benefits - <https://www.heartfoundation.org.au/heart-health-education/benefits-of-physical-activity>
3. Infographic about dementia and physical activity - <https://australian.physio/research/prf/translation/5-facts-about-dementia-and-physical-activity>
4. Asthma and physical activity - <https://www.asthmahandbook.org.au/clinical-issues/exercise/physical-activity>
5. Physical activity reducing risk of Coronary Heart disease study - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3879796/#:~:text=Coronary%20Heart%20Disease,-CHD%20remains%20the&text=Worldwide%2C%20physical%20inactivity%20causes%206,and%209%25%20of%20premature%20mortality.&text=In%20a%20meta%2Danalysis%20of,a%2029%25%20reduction%20in%20women>.
6. Benefits of exercise for aging and falls - scientific articles
	1. <https://bjsm.bmj.com/content/54/15/885>
	2. <https://pubmed.ncbi.nlm.nih.gov/30592475/>
	3. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-00995-8?fbclid=IwAR0nCMqQMb67kvcsme7pcAYMEo-iAMJQ33rfipx3zNk9nOWzjCcplIgx474>

## How to Get Started Tips

1. <https://www.heartfoundation.org.au/heart-health-education/physical-activity-and-exercise>
2. <https://www.sportaus.gov.au/findyour30>
3. <https://activeageing.org.au/stay-active-resources/how-to-keep-active/>

## Home Exercise Ideas

1. Exercise right at home – endorsed by ESSA, programs for all ages including older people - <https://exerciseright.com.au/homeworkouts/>
2. Safe exercise at home – endorsed by APA, designed for older people, 3 levels of exercises <https://www.safeexerciseathome.org.au/information-for-older-people>

## Information Brochures

*Tips for older Australians* [https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/Tips&Ideas-Older-Aust-65plus.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/%24File/Tips%26Ideas-Older-Aust-65plus.pdf)

*Tips and Ideas for Adults (18-64)* [https://www1.health.gov.au/internet/main/publishing.nsf/Content/3E1E612D573C2B7CCA257C7500202177/$File/Tips&Ideas-Adults-18-64years.PDF](https://www1.health.gov.au/internet/main/publishing.nsf/Content/3E1E612D573C2B7CCA257C7500202177/%24File/Tips%26Ideas-Adults-18-64years.PDF)

*Choose Health: Be Active – A Physical Activity Guide for Older Australians* [https://www1.health.gov.au/internet/main/publishing.nsf/content/3244D38BBBEBD284CA257BF0001FA1A7/$File/choosehealth-brochure.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/3244D38BBBEBD284CA257BF0001FA1A7/%24File/choosehealth-brochure.pdf)

*Safe exercise at home* <https://4882e9a5-d6af-49bd-913b-72b45fb19f14.filesusr.com/ugd/be2cac_928ccb4f584b4fc8aec5cbcb37488ff4.pdf>