

# Ageing well

## Information for patients

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### How can I age well?

As you age, your bones, muscles, and your heart needs extra attention to stay healthy. Therefore, it is important that you challenge your muscles, balance and fitness as often as you can.

It is recommended that you:

- Do exercises that work your muscles and balance at least 2 times per week. This could be done easily at home without any specific equipment (see last page for some suggestions). Taking part in activities such as dancing or exercise classes are also a nice way to meet other people. Make sure that your surroundings are safe and that you wear comfortable shoes.
- Try and do at least 150 minutes per week of physical activities that you find slightly tiring. This could include walking, biking, swimming or dancing, or any other activity that you enjoy. You can break this up throughout the week by doing for example 30 minutes, 5 days per week. If you find this difficult, try and do little and often because any activity will help.
- Before and after any forms of physical activity or strengthening exercises, you should include a 5-minute period of warm-up and cool-down. This could include a light activity that is similar to the exercise that you are about to do or have already done. This will help your muscles and your heart to prepare and recover from your exercise.
- It is common to experience slight muscle soreness after exercise. This is the way your body adapts to a new form of activity and is nothing to be concerned about. If it gets too sore, remember to take regular breaks and pace yourself. Changing the type of activity or exercise that you do, is also a nice way to target different muscles and give your sore muscles time to recover.

### What other things should I think about?

Eating a well-balanced diet:

- Try and eat plenty of fruit and vegetables, while avoiding foods high in sugar and salt
- Including wholegrains and lean meat in your diet will help to build your muscles
- Low fat dairy products will strengthen your bones
- Oily fish will improve your bone and brain health
- Staying hydrated helps your body and brain perform at its best: drink plenty of water before, during, and after your exercises
- Enjoy cups of tea and fresh juice throughout the day
- Try and avoid sugary drinks and too much alcohol.

### Get good quality sleep:

- It is recommended that you get 7-9 hours of sleep per night to improve mood, memory and get ready for the next day.

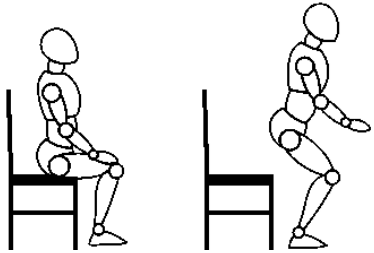
### What other options are out there for me?

If you find it challenging to get going, finding ways to stay physically active with others is a great way to gain motivation and to meet other people. See the table below for some available options near you.

Visit the links to the websites or use your camera on your smartphone to scan the QR codes:

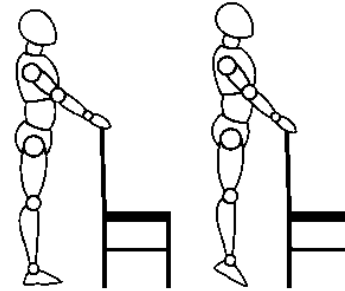
Provider	What do they do?	Contact details	QR code
<b>Xcite</b>	Gyms across West Lothian that offer a range of activities and classes suitable for anyone.	<a href="http://www.westlothianleisure.com">www.westlothianleisure.com</a> Tel: 01506237909	
<b>Dial-a-bus</b>	Finding it hard to get around? The dial-a-bus service will pick you up and drop you off.	<a href="http://www.westlothian.gov.uk/article/44412/HcL-Dial-a-Ride-Dial-a-Bus">www.westlothian.gov.uk/article/44412/HcL-Dial-a-Ride-Dial-a-Bus</a> Tel: 01506633953	
<b>Walking Football Scotland</b>	Suitable for anyone at any age and level looking to be active.	<a href="http://www.walkingfootballscotland.org">www.walkingfootballscotland.org</a> Email: chairman@walkingfootballscotland.org	
<b>Scottish Disability Sport</b>	A range of activities suitable for any needs or disability.	<a href="http://www.scottishdisabilitysport.com">www.scottishdisabilitysport.com</a> Tel: 01313171130	
<b>NHS Inform Healthy Living</b>	Provides a range of advice and tools to help you look after yourself.	<a href="http://www.nhsinform.scot/healthy-living/">www.nhsinform.scot/healthy-living/</a>	
<b>NHS Fitness Studio</b>	Provides a range of exercise videos that you can try at home.	<a href="http://www.nhs.uk/conditions/nhs-fitness-studio/">www.nhs.uk/conditions/nhs-fitness-studio/</a>	
<b>Versus Arthritis</b>	Provides a free 12-week online exercise programme with a fitness expert.	<a href="https://versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/">https://versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/</a>	

## Sit To Stand



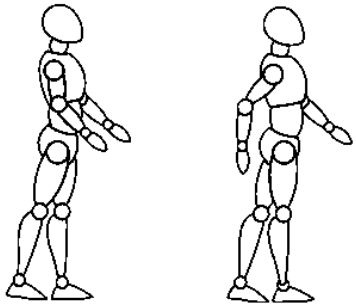
1. Start seated with your feet hip width apart
2. Stand up (you may use your hands on your thighs to push up if needed)
3. Slowly sit back down
4. Repeat up to 10 times (this is one 'set')
5. As you improve, you can do 2-3 'sets' with a 2 minutes rest in between

## Heel Raises



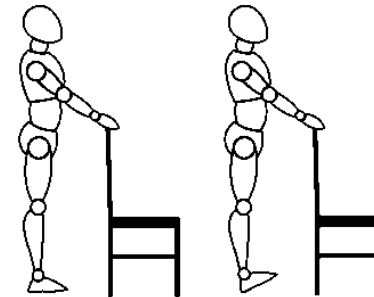
1. Stand up straight with your feet hip width apart
2. Slowly get up on your toes (use the back of a chair or the kitchen top to lightly support your balance if needed)
3. Count to '2' before lowering your heels slowly back onto the ground
4. Repeat up to 10 times (this is one 'set')
5. As you improve, you can do 2-3 'sets' with a 2 minutes rest in between

## Heel Toe Walking



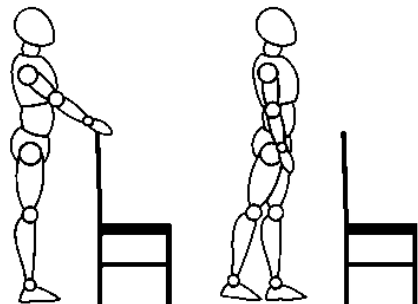
1. Stand up straight (kitchen/ tabletop by your side for support if needed)
2. Imagine walking a tight-rope, place one foot directly in front of the other
3. Walk 10 steps
4. Turn around and walk 10 steps back

## Toes Raises



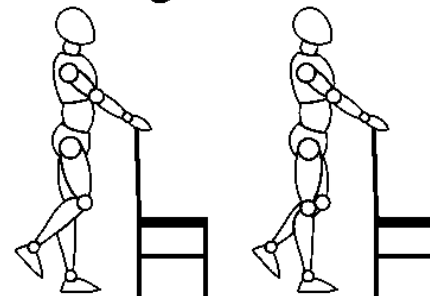
1. Stand up straight with your feet hip width apart
2. Slowly lift your toes and get back up on your heels (use the back of a chair or the kitchen top to lightly support your balance if needed)
3. Count to '2' before lowering your toes slowly back onto the ground
4. Repeat up to 10 times (this is one 'set')
5. As you improve, you can do 2-3 'sets' with a 2 minutes rest in between

## Heel Toe Stand



1. Stand up straight (use the back of a chair or the kitchen top to lightly support your balance if needed)
2. Imagine walking a tight-rope, place one foot directly in front of the other
3. Try and hold this position for 10 seconds without losing your balance
4. Switch foot and repeat for 10 seconds

## One Leg Stand



1. Use the back of a chair or the kitchen top to lightly support your balance if needed
2. Stand on one leg and aim to keep your balance for 10 seconds
3. Switch leg and repeat for 10 seconds
4. As you improve, aim to repeat 3 times on each leg

This leaflet was compiled by the Physiotherapy Department at St John's Hospital in association with the Patient Information Leaflet Group, NHS Lothian Physiotherapy Services.

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