

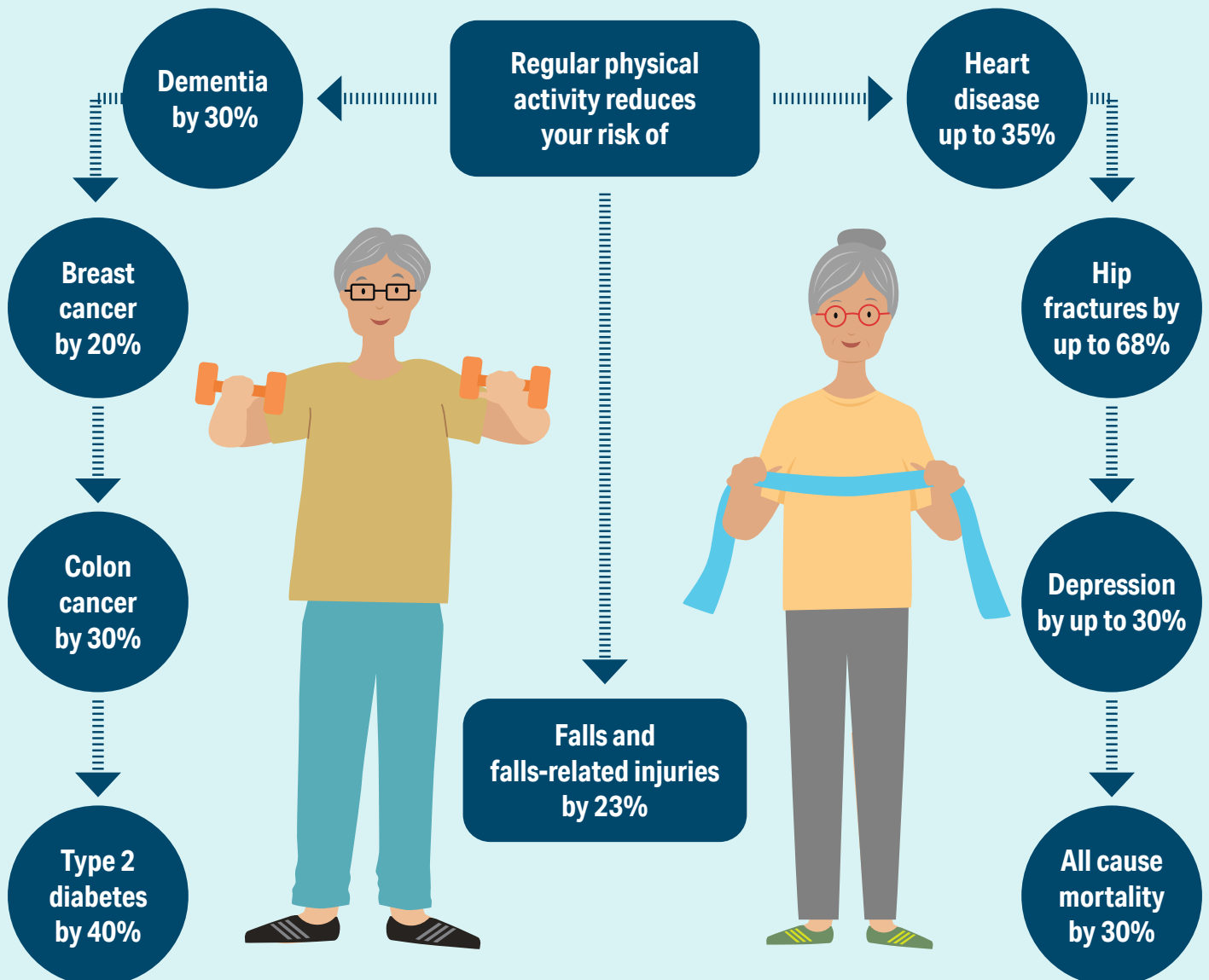


# Move It May

## Move it like you mean it!

- Physical inactivity is one of the leading risk factors for non-communicable disease mortality.
- Over a quarter of the world's adult population is insufficiently active.
- Up to 5 million deaths a year could be averted by more physical activity.
- Older adults should undertake balance and strength exercises at least 3 times a week.

## The benefits



# Promoting physical activity for consumers

## Education and promotion leads to increased physical activity for consumers.

In hospital	At home
<ul style="list-style-type: none"> <li>• daily mobilisation prevents deconditioning and falls</li> <li>• maintain clear pathways for consumers to move</li> <li>• encourage consumers to get up and get dressed</li> <li>• encourage consumers to sit out of bed for meals and consider the dining room</li> <li>• encourage consumers to mobilise to and from the bathroom</li> <li>• consider referring to an inpatient physiotherapist for a mobility review, gait aid and/or individualised exercise program</li> <li>• educate consumers on the importance of moving and relate this to their goals.</li> </ul>	<ul style="list-style-type: none"> <li>• encourage older adults to aim for 30 minutes of physical activity every day, with strength and balance exercises 3 times a week</li> <li>• consider a referral to an outpatient physiotherapist, exercise physiologist or personal trainer for an individualised exercise program</li> <li>• consider a referral to a local community exercise group or program</li> <li>• educate consumers on the importance of exercise, relate this to their goals and everyday functional activities.</li> </ul>

## Best practice tips

- Encourage consumers to consult a health professional before commencing exercise
- Stay updated on the latest research and recommendations
- Education and promoting long-term change can lead to increased physical activity for consumers (e.g. goal setting, self-monitoring and providing feedback).

## More information



HealthyWA



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For more information or enquiries, contact [healthpolicy@health.wa.gov.au](mailto:healthpolicy@health.wa.gov.au)