

Weather

If the weather doesn't allow you to attend your normal exercise class, form a back-up plan – for example, you can do the exercises already provided by your physiotherapist

Leisure Centres

Most centres offer classes specifically for people over 50 years old. These can include (amongst others) gym classes, chair-based exercises or tai chi.

There are also walking groups that meet at leisure centres or in local parks, as well as groups that take in the tourist spots!

In addition, there are outdoor gyms in the following parks:

- Paddington Recreation Ground
- Hyde Park
- Little Wormwood Scrubs
- Pinemartin Close estate



All equipment should have attached guidelines on how to use them accurately.

Other tips

- If you're doing exercises at home, put on some music – the rhythm can help you to pace yourself and make it more enjoyable
- Consider a variety of ways to exercise, rather than just one form

Motivation for physical activity



A guide to understanding the common barriers to participating in physical activity and how to overcome these challenges.

Falls Prevention Service

Most of us know that keeping active is important for a healthy lifestyle, but it is often difficult finding ways to make it manageable and convenient. This leaflet aims to offer some methods for overcoming common challenges to exercise.

Common challenges

Personal factors:

- Fear of further injury / illness
- Reduced confidence / fear of 'failure'
- Lack of knowledge about local facilities or resources
- Lack of knowledge about the benefits of exercise or what constitutes 'exercise'
- Low mood
- Perceived improvements may not be evident for a number of weeks
- Negative consequences of inactivity may not show for a long time (e.g. type 2 diabetes may develop for decades before showing symptoms)

External factors:

- Financial cost
- Transport
- Lack of social support
- Lack of time
- Poor weather

Solutions

The role of the Falls Prevention team...

The team will continue to support you once you have finished the sessions – we can provide you with information on available activities and accompany you to an activity of your choice. We will also call you every 3, 6 and 12 months after completion to ensure your continuing progression and motivation

Medical conditions and general health

There are actually very few medical conditions for which exercise would not be advisable. Exercise has been shown to relieve conditions such as joint stiffness and pain when performed correctly. If in doubt, consult your GP.

If you have an 'off' day, plan just to do a very short, light activity – just getting ready and warming up can be enough to motivate you to continue.

Transport

If accessing venues or the cost of travel is a concern, these services offer free or discounted travel for seniors:

- Dial-a-ride
- Taxicard
- Seniors Freedom Pass

Social Support

- If you want to attend a local class but not sure of the 'group' setting or exercising in public, see if any friends or family would go with you as an exercise 'buddy'.
- Services such as Octavia Befriending Service provide volunteers to accompany you on walks outdoors or for companionship
- Alternatively, consider a personal trainer: some Health trainers are free and offer a set number of sessions to help you with your health goals

Cost

- Many activities for older adults are discounted or free, however if you think you may need financial advice to manage any costs, the Citizen's Advice Bureau can be contacted on 08444 111 444.

Time

- Use a calendar or diary to plan exercise so that it becomes a positive lifestyle change
- Exercise can be part of your everyday activities, for example half an hour of hoovering, or shopping are all forms of exercise! Consider purchasing a pedometer to help track your progress.