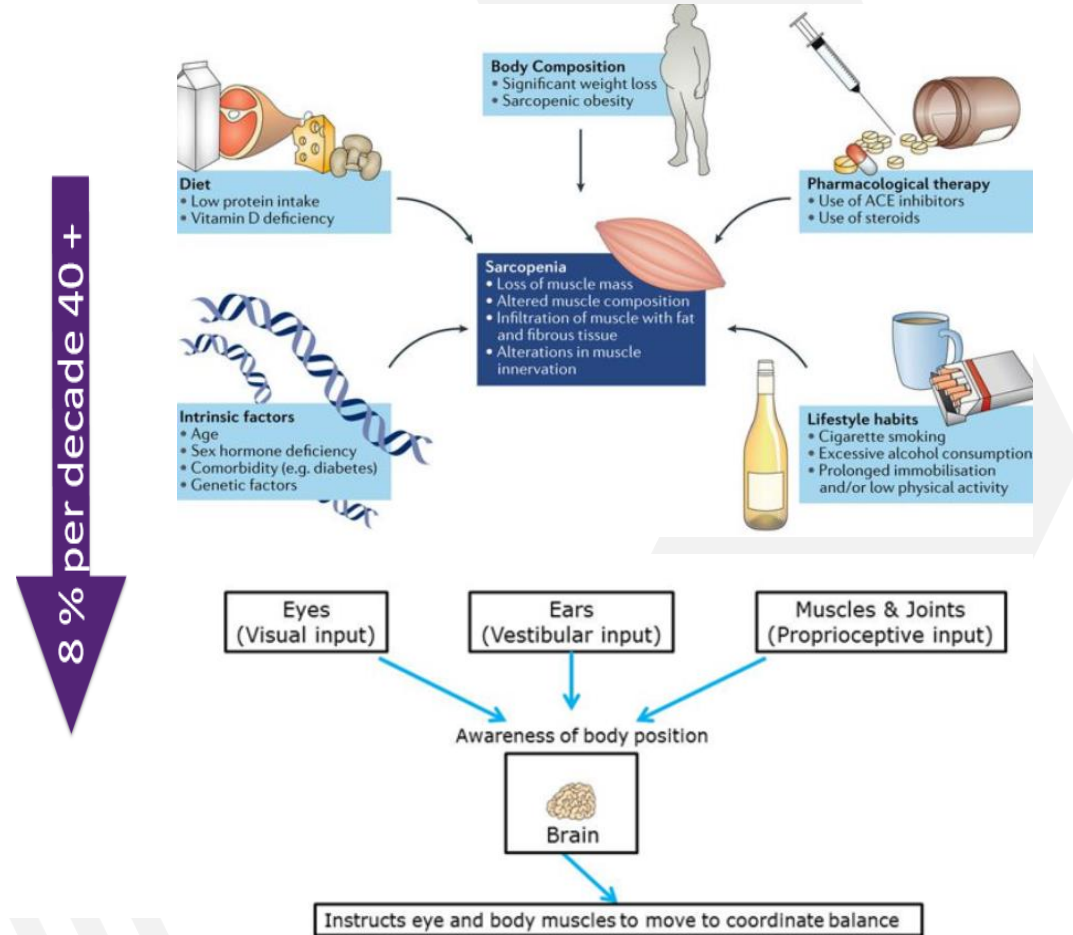
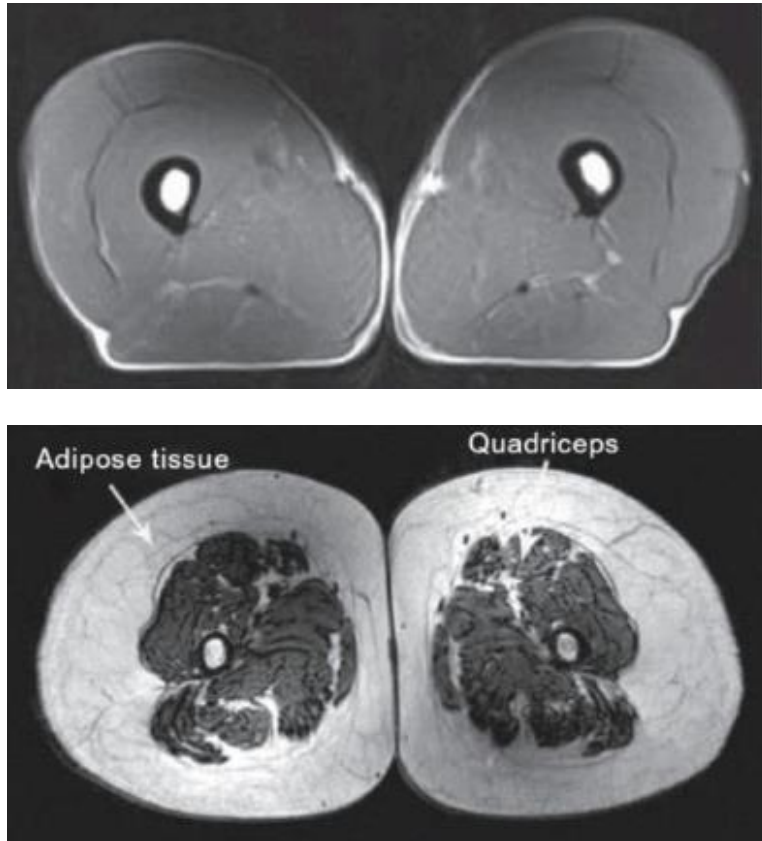


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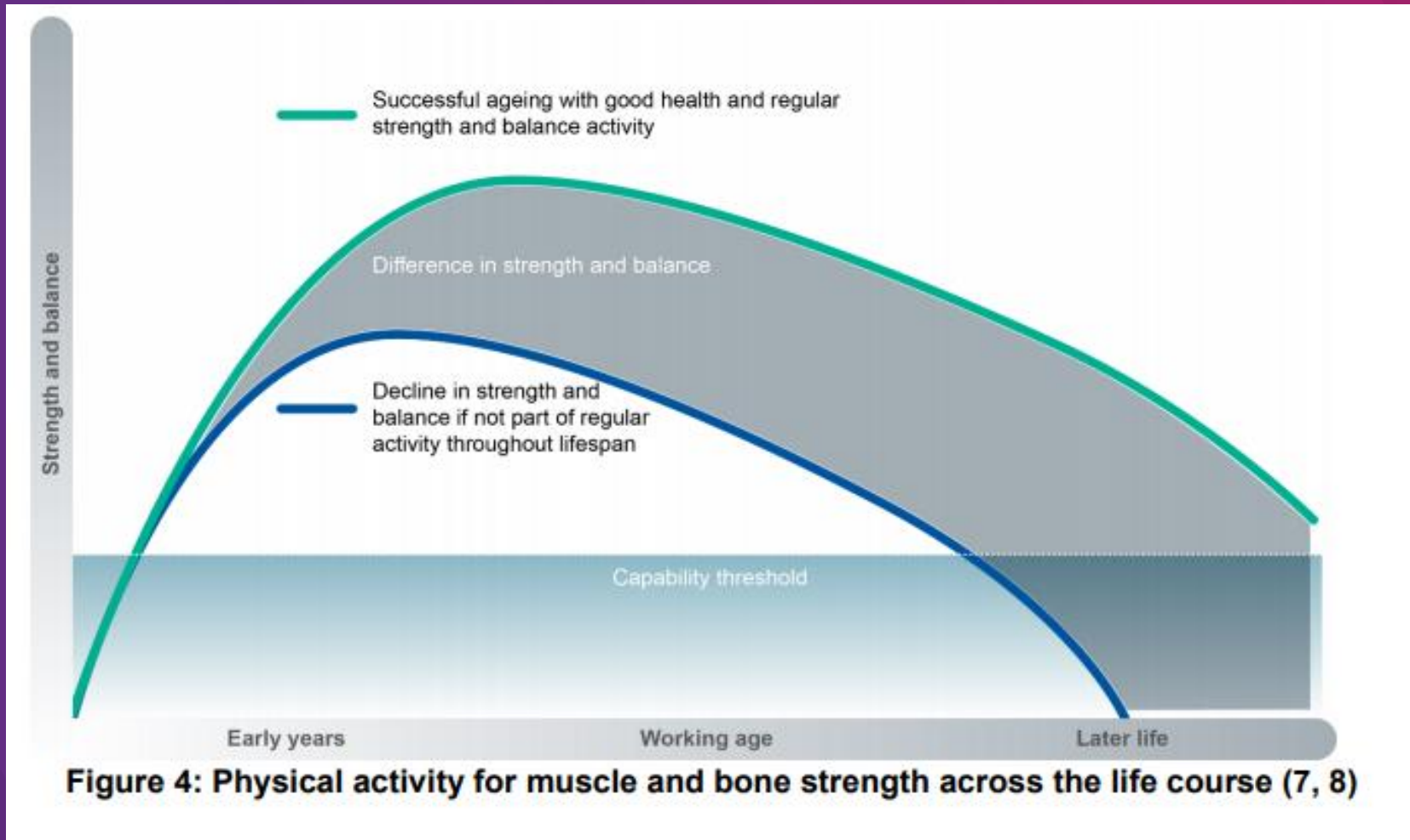
Beth Mitchell
Active Ageing lead



The evidence – Why does muscle strength, bone health and balance matter?



The evidence – Why does muscle strength, bone health and balance matter?



Physical activity for adults and older adults

Benefits health	Type II Diabetes -40%
Improves sleep	Cardiovascular disease -35%
Maintains healthy weight	Falls, depression etc. -30%
Manages stress	Joint and back pain -25%
Improves quality of life	Cancers (colon and breast) -20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

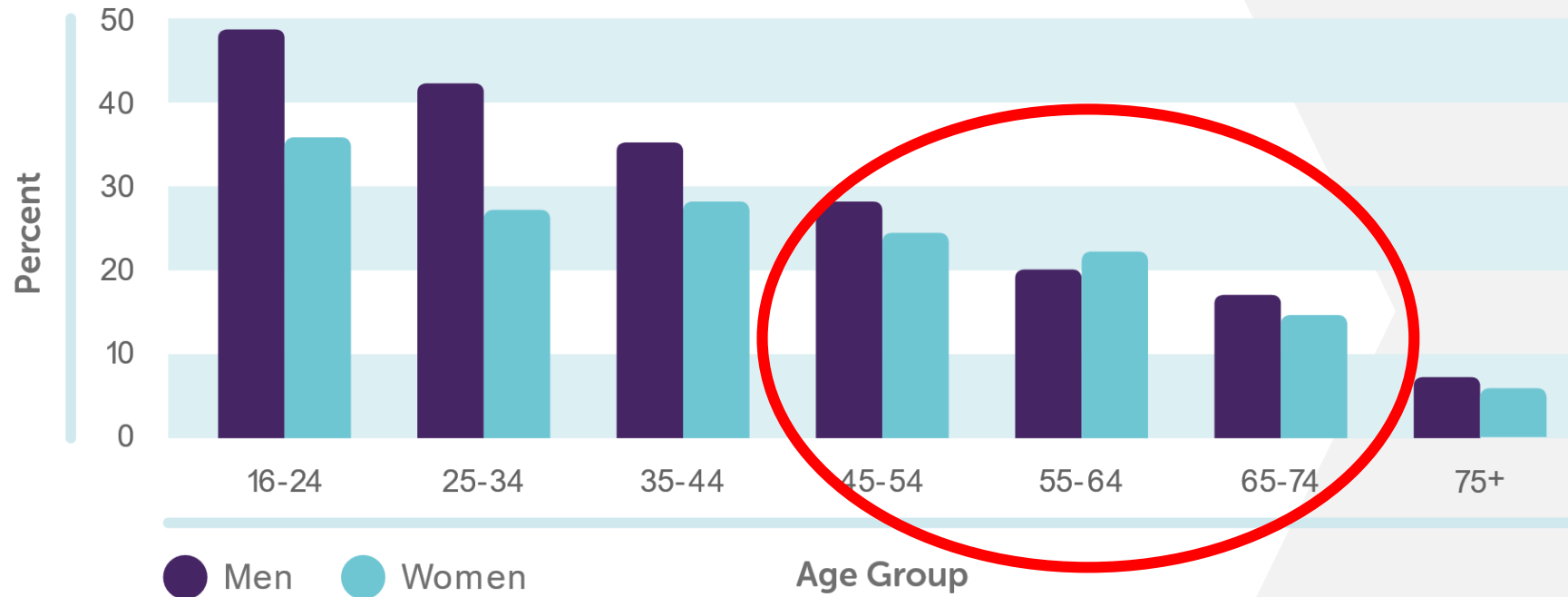
Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

*UK Chief Medical Officers' Physical Activity Guidelines 2019














Muscle strengthening activity



2017 - UK CMO Expert Group on Physical Activity commissioned by Ageing Better/PHE **to undertake a review of muscle strengthening and balance activities for health and wellbeing**: 6 papers published in Journal of Frailty, Sarcopenia and Falls June 2018.

What types of exercise have the best impact on improving muscle function, bone health and balance?

Types of physical activities that are most effective at improving muscle function, bone health and balance

Type of sport, physical activity or exercise	 Improvement in muscle function	 Improvement in bone health	 Improvement in balance
 Running	★	★★	★
 Resistance Training	★★★	★★★	★★
 Aerobics, circuit training	★★★	★★★	★★
 Ball Games	★★	★★★	★★★
 Racquet Sports	★★	★★★	★★★
 Yoga, Tai Chi	★	★	★
 Dance	★	★★	★
 Walking	★	★	☆
 Nordic Walking	★★	Ⓢ	★★
 Cycling	★	★	★

★★★ Strong effect ★★ Medium effect ★ Low effect ☆ No effect Ⓢ Not known

Source: Foster, C. and Armstrong, M. (2018) 'what types of physical activities are effective in developing muscle and bone strength and balance?'. Journal of Frailty, Sarcopenia & Falls, Vol. 3(No.2), pp. 58-65.

Why not integrate the 'Super Six' within your workplace/working from home practice?

PIN ME UP!

THE SUPER SIX

To help you to stay steady, try doing the 'super six' three times a week, in addition to your other physical activity.

SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111

1 SIT TO STAND
Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.
Repeat up to 10 times.

2 HEEL RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

3 TOES RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

4 HEEL TOE STAND
Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hands off if possible. Take your feet

5 HEEL TOE WALKING
Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking

6 ONE LEG STAND
Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.

*CAPA: Care About Physical Activity Improvement Programme.
Falls Programme: Active and independent living improvement programme,
Scotland.*

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Thank you for listening!

