

Exercise Recommendations for Older Adults

Do moderately intense aerobic exercise for 30 minutes a day, five days/week

Or

Do vigorously intense aerobic exercise for 20 minutes a day, 3 days/week

And

Do 8 – 10 strength training exercises, 10 – 15 repetitions of each exercise
2 – 3 times/week

And

If you are at risk of falling perform balance exercises

Chair Stand Test (Number of Stands)							
Age	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94
Men	14 - 19	12 - 18	12 - 17	11 - 17	10 - 15	8 - 14	7 - 12
Women	12 - 17	11 - 16	10 - 15	10 - 15	9 - 14	8 - 13	4 - 11

Normal range of scores



Reference Guide of Physical Activity Programs for Older Adults: A Resource for
Planning Intervention

www.cdc.gov/diabetes/pubs/pdf/refguideofactivity.pdf

Exercise Assessment and Screening for You (EASY)

<http://www.easyforyou.info/>

Aging in Vermont: Healthy Living Conference October 26, 2018
Older Adults, Muscles, Activity and Food