

Handout 8

Safety tips and stop signs

Before you start:

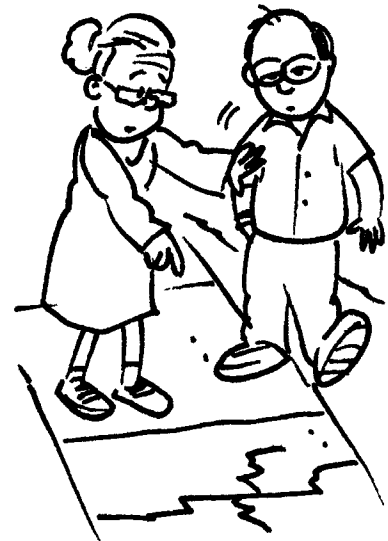
Being active is safe for most people. Not sure? Consult with your health care provider, especially if you have been inactive for a while, have a health concern or are on medication. Becoming more active can often help people with movement and health problems. Talk to your health care provider to find out what kind of activity would be helpful for you.

Starting:

- ◆ Start slowly and build up.
- ◆ Build up to 30–60 minutes of moderate physical activity most days.
- ◆ Minutes count—add it up 10 minutes at a time.

During your activity:

- ◆ Pay attention—avoid hazards.
- ◆ Go at your own pace.
- ◆ Be careful about your movements when starting new activities.
- ◆ Start out slowly.
- ◆ Ask your physical activity leaders if you have questions. Get information about safety, and how to do the movements correctly.



Pay attention and avoid hazards.

Stop exercising if you feel:

- ◆ Dizziness
- ◆ Nausea
- ◆ Chest pain
- ◆ Shortness of breath
- ◆ Pain in your joints.

For more information see Handout 4
– Canada’s Physical Activity Guide to
Healthy Active Living for Older Adults.

Delay exercising...

- ◆ If you are recovering from a recent illness such as a cold or flu.

Active Independent Aging was a joint venture between the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. For more information please visit our website at: www.falls-chutes.com. Funding provided by Health Canada/ Veterans Affairs Canada Falls Prevention Initiative. The views expressed herein do not necessarily represent the official policies of Health Canada, Veterans Affairs Canada, the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. The information in this handout is current as of 2004.