

Physical Activity Resources and Links in Vermont

1. **Area Agency on Aging (AAA):** Includes link to Vermont regions and communities
<http://humanservices.vermont.gov/community-partners/cp-aging-agencies/>
For example: <http://www.seniorsolutionsvt.org/we/balance/>
2. **University of Vermont Center on Aging:** Stay Steady Resources (includes exercise and fall prevention program options by County, updated yearly)
<http://www.med.uvm.edu/centeronaging/researchresources/fallsprevention>
3. **Vermont Senior Centers:** Many senior centers offer an array of options including dance options, chair exercise, and strength/balance classes
4. **Tai Chi Vermont:** <http://www.taichivermont.org/>
5. **Vermont Senior Games:** <http://vermontseniorgames.org/>
6. **National Center on Health, Physical Activity and Disability:** www.nchpad.org
Includes “14 weeks to a health you” (tailored online program; target audience is people with mobility limitations, chronic conditions) <http://www.nchpad.org/14weeks/>
7. **National Institute on Aging, Go4Life:** <https://go4life.nia.nih.gov/>
(online videos, free “workout to go” poster, free exercise book, multiple resources available; emphasis on strength, balance, and flexibility)
8. **Exercise is Medicine:** www.exerciseismedicine.org
(Exercise Vital Sign Screen, Exercise Prescription Pads, Toolkits)
9. **National Council on Aging:** <https://vimeo.com/182773116>
(video that explains the difference in evidence based class options to guide decision making)
10. **“The Magic Pill” Podcast (WBUR):** <http://www.wbur.org/magicpill> Billed as “A daily dose of get-up-and-go....aimed at helping you feel better about exercise.”

WHO recommendations for exercise for people 65 years and older

1. At least **150 min of moderate-intensity aerobic** activity per week, or at least **75 min of vigorous intensity aerobic** activity per week, or an equivalent combination.
2. Aerobic activity should be performed in **bouts of at least 10 min duration**.
3. For **additional health benefits**, do more than the minimum (300 min moderate, 150 min vigorous per week, or an equivalent combination)
4. People with poor mobility should do **balance exercise to prevent falls on 3 or more days** per week.
5. **Muscle-strengthening activities** should be done on two or more days per week.
6. If older adults are **unable to do the recommended amounts of physical activity** due to health conditions, they should be as physically active as they are able.

World Health Organization. Global recommendations on physical activity for health. Geneva: World Health Organization, 2010.