

WHO recommendations for physical activity in adults aged 65 years and above (for physical and mental wellbeing)

- At least 150 minutes of moderate-intensity aerobic physical activity each week
OR 75 minutes of vigorous-intensity aerobic physical activity each week
OR an equivalent combination of the above
- For additional health benefits, these recommendations should be doubled
- Aerobic exercise should be performed in bouts of at least 10 minutes duration
- Adults of this age group with poor mobility should perform physical activity to enhance balance and prevent falls on 3 or more days per week
- If unable to accomplish the above, adults of this age group should be as physically active as their abilities and conditions allow