

Staying active and connected

Discover easy ways you can stay fit, active and connected.

Physical activities

In order to stay healthy, it's important to make regular exercise part of your day. You'll have more energy, your mood will improve, and daily activities will become easier. Plus, exercise benefits people with arthritis, heart disease, diabetes and high blood pressure. Here are some ideas on staying physically active:

- Walking or jogging
- Swimming or aqua aerobics
- Cycling
- Yoga or Pilates
- Strength training
- Stretching
- Tai Chi
- Line dancing, square dancing, ballroom dancing
- Golf

For more inspiration, read these [Workouts and Exercises for Seniors](#).

Worried about your health? Be sure to consult a doctor before starting any new activity.

Other activities

To help balance your physical activities, why not try your hand at a leisure activity. Here are some suggestions.

- **Become a volunteer**

What's your passion? People? Animals? Art? History? The environment? For every interest there is an organisation that needs your help. Learn more at [Volunteering Australia](#).

- **Join a book club**

This is a great way to meet new people, socialise, and keep your mind engaged. You could start your journey [here](#)

- **Put your wisdom to good use**

Mentor a child. These programs are often run through libraries, churches and organisations.

- **Work in a community garden**

You'll get your hands into the soil, meet new people and get to eat the fruits (and veggies) of your labour. Find a garden near you [here](#).

- **Get involved in community activities**

Volunteer at a library, community centre or op shop.

- **Go back to school**

Learn to paint, photograph, write or cook. You'll find a subject for every interest.

REFERENCE

- [Senior Living - Active Senior Living](#)
- [Senior Living - Workouts and Exercises for Seniors](#)