



Physical Activity

ENGAGING IN MOVEMENT SUPPORTS STRENGTH, BALANCE, AND MOBILITY. REGULAR ACTIVITY HELPS MAINTAIN INDEPENDENCE AND OVERALL WELLBEING.



Exercise



Recreational
Activities



Sports

Why does physical activity matter?

- Only 44% of older men and 37% of older women meet Canadian Guidelines for physical activity.
- In Canada physically inactive seniors incur more than 2.5 times the health care costs of active seniors.
- Regular physical activity is linked to reduced risk of mortality, dementia, cardiovascular disease, and frailty.

Healthy Aging Program Example

Agency: Kiwassa Neighbourhood House
Healthy Aging Program Stream: Therapeutic Activation Program for Seniors (TAPS)

After years of isolation from a back injury, Linda joined the TAPS program. She now takes part in line dancing, walking, Qi Gong, and painting classes. These activities have boosted her health, confidence, and creativity, while also giving her lasting friendships and a renewed sense of belonging.

Learn more about physical activity on Healthy Aging CORE BC:

[Podcast] [The major benefits of exercise for older adults](#)

[Webinar Recording] [Physical Activity and Social Prescribing](#)

[Resource] [Non-drug strategies to reduce frailty](#)

[Guide] [Physical Activity for Older Adults](#)

[Resource Library] [Choose to Move - Get Active Resource Library](#)

[Guidelines] [Canadian 24-Hour Movement Guidelines For Adults 65 Years Or Older](#)

[Activity] [STrength and Balance for Life \(STABL\) to reduce risk of falls](#)

[Report] [2025 report card on physical activity for adults](#)