

ACTIVITY RATING

Answering the following questions will help you establish the level of difficulty suitable for your current fitness level.

EASY

You should choose this level of activity if one or more of the following is true:

- ✓ you have been inactive and engage in less than 150 minutes of physical activity per week ie. 30 minutes on 5 separate occasions
- ✓ you are new to the activity
- ✓ you are recovering from a medical condition or operation
eg. Hip replacement, heart attack
- ✓ you have a chronic health condition *eg. high blood pressure, diabetes*
- ✓ your doctor/health professional recommends gentle exercise
- ✓ you have fallen over recently or have poor balance

MODERATE

You should choose this level of activity if one or more of the following is true:

- ✓ you are reasonably active and engage in 150 minutes of physical activity per week ie. 30 minutes on 5 separate occasions
- ✓ you have recent or prior experience of the activity
- ✓ you are not recovering from a medical condition or operation
eg. Hip replacement, heart attack and perform all daily tasks with comfortably
- ✓ any chronic health conditions are managed and don't worry you
- ✓ your doctor/health professional recommends moderate exercise
- ✓ you haven't experienced a fall in the last 12 months

DIFFICULT

You should choose this level of activity if one or more of the following is true:

- ✓ you are reasonably active and engage in more than 150 minutes of physical activity per week ie. 30 minutes on 5 separate occasions
- ✓ you are currently involved in organised physical activity *eg gym, classes etc*
- ✓ you have no chronic health conditions & you perform all daily tasks with ease
- ✓ your doctor/health professional recommends more demanding exercise
- ✓ you haven't experienced a fall

DISCLAIMER

Every effort has been made to ensure the accuracy of the information contained in this directory (and subsequent online data) at the time of print. No responsibility is accepted by Active Ageing SA Inc and their staff for the accuracy of information contained in the text or in the interpretation of the "rating of difficulty" given to the physical activity programs outlined in the directory/listing nor for any personal injuries or other injury or damage sustained as a result of engagement in these activities or reliance on any information from this directory/listing. We encourage all users to seek additional information and guidance from the Organisations and Physical Activity Providers listed in this directory/listing and from their medical and health practitioners prior to the commencement of any program.