



Physical Activities for the Over Sixties Resources

<u>01</u>	Global action plan on physical activity 2018–2030: more active people for a healthier world. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO
<u>02</u>	Leading and Teaching Dance to Ageing Populations. Rank, Katrina Dr (2018)
<u>03</u>	Engaging under-represented groups of older adults in organised physical activity (2017). Victorian Active Ageing Partnership.
<u>04</u>	Older Australians Participation in Sport and Physical Activity - October 2018 - Sport Aus
<u>05</u>	Blueprint for an Active Australia - National Heart Foundation of Australia 2019 (3 rd Edition)
<u>06</u>	Older adults: Practical strategies for promoting physical activity. May 2013. Loughborough University
<u>07</u>	The benefits of physical activity and exercise for people living with dementia. Discussion paper November 2014. Dementia Australia

<u>08</u>	Physical activity across the life stages. Australian Institute of Health and Welfare 2018
<u>09</u>	Active Ageing (May 2019). Anchor Hanover UK
<u>10</u>	Muscle and bone strengthening and balance activities for general health benefits in adults and older adults. Centre for Ageing Better. 2018
<u>11</u>	Injury Control Council of Western Australia (2015). Stay On Your Feet® Personal Choice Report - Benefits of recreation activities for falls prevention. West Perth: Injury Control Council of Western Australia
<u>12</u>	Physical Activity for brain health and fighting dementia. September 2013. Alzheimers Australia
<u>13</u>	Start Active, Stay Active: A report on physical activity for health from the four home countries Chief Medical Officers. UK July 2011
<u>14</u>	Interpreting the UK physical activity guidelines for older adults (65+) described as actives. British Heart Foundation National Centre for Physical Activity and Health. July 2012
<u>15</u>	Interpreting the UK physical activity guidelines for older adults in transition (65+). British Heart Foundation National Centre for Physical Activity and Health. July 2012
<u>16</u>	Interpreting the UK physical activity guidelines for frailer older adults (65+). British Heart Foundation National Centre for Physical Activity and Health. July 2012
<u>17</u>	Infographic - Physical activity benefits for older adults - UK Chief Medical Officers Guidelines 2011
<u>18</u>	Physical Activity for Older Victorians: An audit and gap analysis. MOVE muscle, bone & joint health 2016