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Carrying the shopping makes over-65s stronger – 1st October, 2017

Level 4

Older people should carry their own shopping to stay stronger. Physiotherapists says this is important for the over-65s to maintain their strength. Millions of people risk falling over and injuring their hips if they do not maintain their strength. Nearly a quarter of over-65s don't keep their muscles strong. A spokesperson said over-65s can also do activities that involve stepping and jumping, like dancing, or chair aerobics.

The physiotherapists warned that the rise of Internet shopping means older people are not getting a "shopping workout". Research shows that getting stronger makes people healthier, so it is important that people focus on their strength as they age. Older people can also do gardening, vacuuming and standing up regularly. A physiotherapist said: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Level 5

Older people should carry their own shopping to stay stronger and live longer. A physiotherapy group in the UK says this is important for the over-65s to keep active to maintain their strength. Millions of people risk falling because they do not maintain their strength. This causes most hip injuries. The group says nearly a quarter of over-65s don't exercise to keep their muscles strong. A physiotherapy group spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

The physiotherapist group said the over-65s should carry shopping home. It warns against Internet shopping. It said the rise of Internet shopping means fewer people are getting a "shopping workout". The group said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." It also suggested gardening, vacuuming and regularly standing up out of a chair. It added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Level 6

There is new advice for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is imperative for the over-65s to keep active to maintain their strength as they age. It warns that millions of people risk falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the vast majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, noting that while it is convenient, the rise of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."