

You *Don't* Stop Moving Because You Get Older.  
**You Get Older Because You  
Stop Moving**

*Seminar Ageing Well in Portugal*

# PhysioAlba

Movement & Performance

- PhysioAlba Clinical Director;
- Graduated in Physiotherapy from ESTES, Lisbon;
- Postgraduate degree in Physiotherapy, Physiology and Psychology in Sport from UCA, Murcia;
- Specialization in Exercise in Clinical Conditions and Clinical Pilates;
- Physiotherapist for the National Handball Team for Intellectual Disability;
- Physiotherapist for the Regional Handball Teams in Algarve and Alentejo;



*Henrique M. B. L. Nunes*

*Physiotherapist | Clinical Director at PhysioAlba*

# PhysioAlba

Movement & Performance

## Services:

- Physiotherapy
- Osteopathy
- Speech Therapy
- Exercise Therapy and Clinical Pilates
- Injury Prevention
- Healthy Ageing

## What matters to us:

- Personalized care
- Evidence-based practice
- Active participation
- Long-term wellbeing



**Book Your Appointment**



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## ***We Are Living Longer***

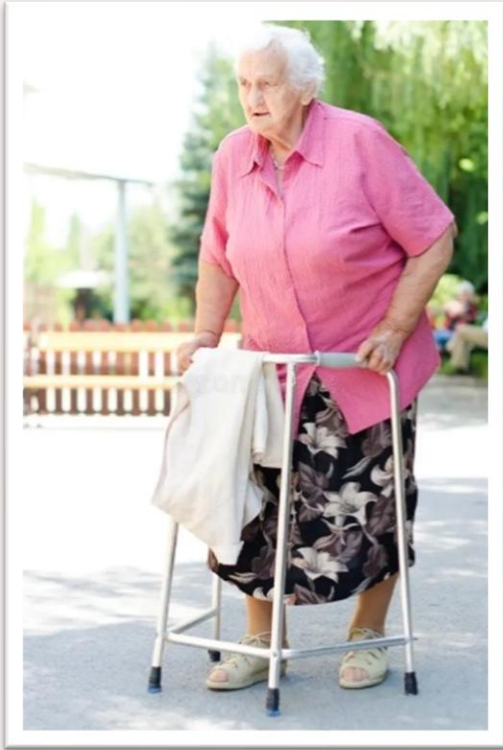


- More years
- More opportunities
- More challenges

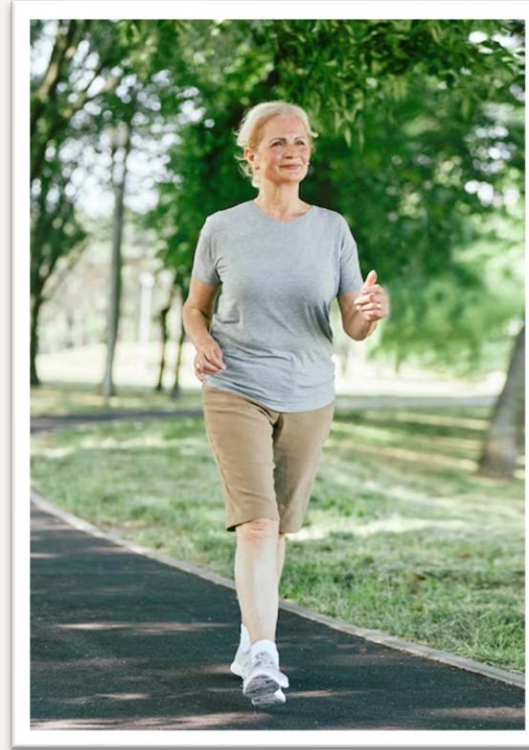
**Living longer is not enough.  
The goal is to live better.**



## *Longevity VS Functional Longevity*



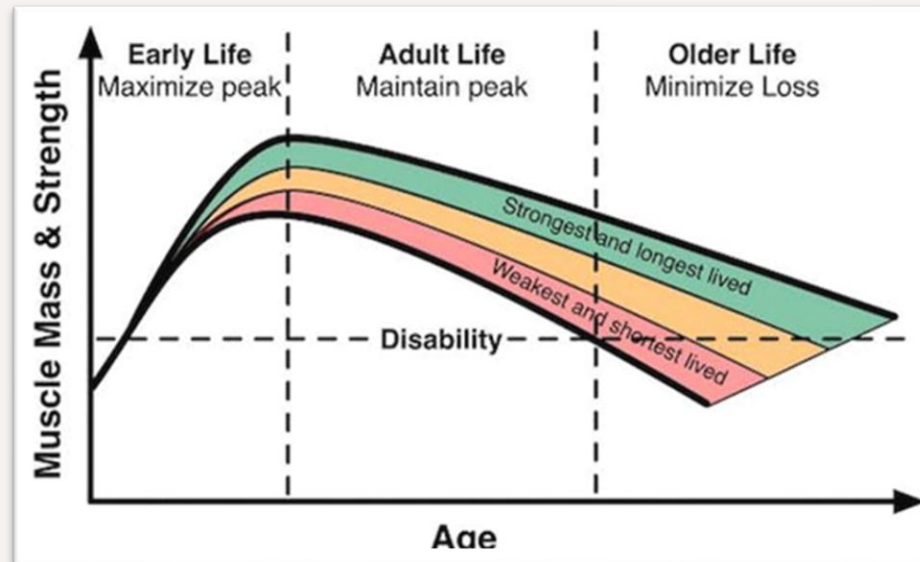
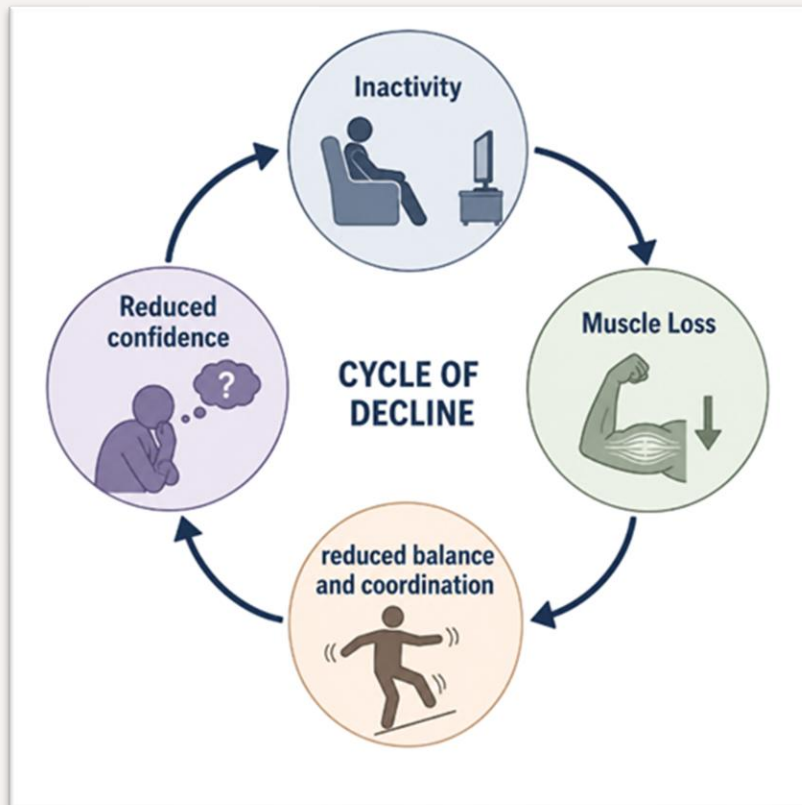
**Dona Maria**  
*80 Y.O.*



**Miss Mary**  
*80 Y.O.*

**Which future are  
we preparing for?**

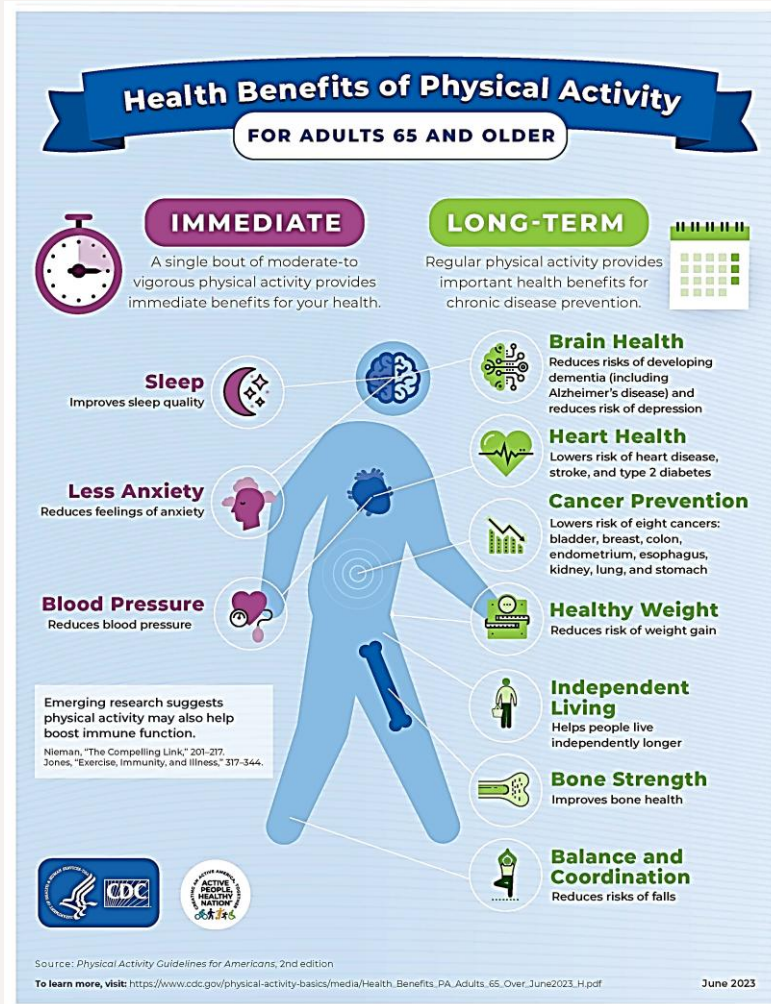
## *Muscle Is Your Retirement Account*



Solberg, P. A., Kvamme, N. H., Raastad, T., Ommundsen, Y., Tomten, S. E., Halvari, H., ... Hallén, J. (2013). Effects of different types of exercise on muscle mass, strength, function and well-being in elderly. *European Journal of Sport Science*, 13(1), 112–125. <https://doi.org/10.1080/17461391.2011.617391>

**Ageing itself is not the problem.  
Physical inactivity is.**

## The Biggest Risk Is Not Age



## Common Myths:

*"I'm too old to exercise."*

*"Pain means I should rest."*

*"It's normal because of my age."*



## **The 10-Year Question:**



**What do you  
want your body  
to be able to do  
in 10 years?**



## Small Habits, Big Results:

### EXERCISE FOR SENIORS

Move more. Feel better. Live independently.

| CARDIOVASCULAR                                                                    | STRENGTHENING                                                                     | BALANCE                                                                           | FLEXIBILITY                                                                        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|  |  |  |  |
| Activities that raise your heart rate and improve endurance.                      | Activities that improve muscle strength and maintain function.                    | Activities that improve stability and help prevent falls.                         | Activities that improve joint flexibility and range of motion.                     |
| FITT RECOMMENDATIONS                                                              | FITT RECOMMENDATIONS                                                              | FITT RECOMMENDATIONS                                                              | FITT RECOMMENDATIONS                                                               |
| <b>F</b> 3–5 days per week                                                        | <b>F</b> 2–3 days per week                                                        | <b>F</b> 2–3 days per week                                                        | <b>F</b> 2–7 days per week                                                         |
| <b>I</b> Moderate intensity (can talk, but a bit out of breath)                   | <b>I</b> Moderate intensity (challenging, but manageable)                         | <b>I</b> Low to moderate intensity                                                | <b>I</b> Light intensity (comfortable stretch)                                     |
| <b>T</b> 20–60 minutes per session                                                | <b>T</b> 20–30 minutes per session                                                | <b>T</b> 20–30 minutes per session                                                | <b>T</b> 10–20 minutes per session                                                 |
| <b>T</b> Continuous or accumulated (10+ minute bouts)                             | <b>T</b> 1–3 sets of 8–12 repetitions for major muscle groups                     | <b>T</b> Variety of balance activities                                            | <b>T</b> Hold each stretch 10–30 seconds, repeat 2–4 times                         |



Always listen to your body and consult a healthcare professional if needed.

*Shopping / Bike ride / Swimming/  
Walking the dogs /Dancing*

*Carrying grocery bags/ Using the stairs / Gardening*

*Getting dress standing up/ Walking on the beach/  
Yoga*

*Bending over to put the shoes / Morning stretches /  
Pilates*

## *Final Message:*



***Ageing well is not about luck.  
It is about the choices we  
make every day.***

Move **Better**  
Age **Stronger**  
Live **Fully**  
*Thank You*

