

It is important for adults of all ages to attain a goal of performing 30 minutes of moderate intensity activity on most days of the week for their health and function in daily life. Unfortunately, most adults do not meet the level of physical activity recommended for maintaining health and function, and older adults are among the most sedentary Americans.

An expert panel of interdisciplinary researchers and clinicians with experience in establishing physical activity programs for older adults has developed the EASY (Exercise And Screening for You).

This tool provides older adults and professionals with recommendations for safe and appropriate activities in light of known risk factors. It offers a comprehensive approach in matching individuals to an appropriate exercise program, identifying potential risk factors associated with exercise, providing safety tips and encouraging communication with medical providers.

While it is generally not necessary to see a health care provider before beginning every-day physical activities that are of light or moderate intensity, we encourage you to talk with your health care provider about your health and exercise as part of your regular visits.



Visit the EASY Web Site (www.easyforyou.info)

For Further Information Contact:
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Components of the EASY Tool:

- 6 question assessment for risk factors associated with exercise
- Safety tips for beginning exercise, when to stop exercising and when exercise should not be initiated
- Links to resources and exercise programs for the specific needs of individuals
- Summary report of “what to consider and discuss with healthcare providers before starting an exercise program”

Partners

- ◆ Robert Wood Johnson Foundation®
- ◆ First Step to Active Health®
- ◆ National Blueprint