

# Carrying the shopping makes over-65's stronger

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Harder



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."



1. The article says the advice given to over- 65's is not new.
2. Most hip injuries are because people fall over.
3. A physiotherapist said aerobics is bad for old people.
4. The group said fewer older people get a “shopping workout”.
5. A professor advised older people not to vacuum.



1. What good does carrying shopping do for you?
2. How bad is shopping for you?
3. Do you like to get a “shopping workout”?
4. What do you think of internet shopping?
5. How will technology make old people stronger?