



## Staying Active as You Get Older



### Overview

Physical activity is good for everyone, but it's especially important as we age. It can prevent disease and injury. And, it can keep you feeling good and thinking clearly. Here are some tips for staying active as you age.

### Talk to your doctor

Before you begin a new exercise plan (or change your current one), talk to your doctor. See if you have any health problems that could make some exercises unsafe. Your doctor can help you choose an exercise plan that's right for you.

### Aerobic exercises

If you are new to exercise, start slowly. Choose exercises that get your heart beating faster. We call these "aerobic" activities. Walking, dancing, swimming or yard work are good examples. You'll want to begin with ten minutes of aerobic activity on most days. Gradually build up to thirty minutes.

### Strengthening exercises

You'll also want to improve your strength. So, a few days a week, try lifting weights or using resistance bands. Breathe out as you lift the weight. Breathe in as you lower it.

### Balance exercises

And don't forget about balance. Three or more days a week, do some balance activities. Balance on one foot. Practice standing up from a chair without using your hands. You may want to join a yoga class. Or, try tai chi. These are great ways to improve balance.

### Conclusion

With a little effort, you can enjoy the health benefits of a more active lifestyle.