

# Staying Active!

**Living longer and feeling better may be easier than you think. Staying active give you energy to do your daily routines. Participating in exercises that improve endurance, strength, flexibility, and balance will improve your health and physical ability.**

- ◆ **Endurance activities**—brick walking, swimming, riding a bike

These exercises help increase your “staying power” heart rate and breathing. Be sure to get at least 30 minutes five days of the week. Ten minutes at a time is fine.

- ◆ **Strengthening exercises**—resistance training (using elastic bands called “thera-bands” or “resistance bands”) and weight lifting (using free weights or household items such as canned foods)

Building muscle helps you to do your everyday activities such as climbing stairs or carrying groceries, and will help you stay independent.

- ◆ **Flexibility exercise**—yoga, Tai Chi, Pilates

These types of exercise keep the body limber and flexible.

- ◆ **Balance exercises**—heel-to-toe walk, standing on one foot or have fun using interactive balance games

Doing lower body strength exercises that include focusing on your heel cord and ankle improves your balance and reduces the chances of a fall.

**Always check with your doctor before starting any exercise program!**



Source: <http://www.nlm.nih.gov/medlkineplus/exercisefor seniors.html>