



PHYSICAL ACTIVITY GUIDELINES

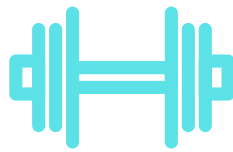
AGING ADULTS!

Working with the body and health conditions you may have, be as active as you can be.



Aerobic Activity

Set a goal of 150 minutes of moderate activity AND/OR a mix of 75 minutes of vigorous activity every week. Get your heart beating and breathing faster than normal.



Strength Training

Twice a week you need full body strength training. You can use heavier items in your home, formal weights or even your body weight! Work your arm, shoulders, legs hips and core!



Balance and Flexibility

Balance and Flexibility will help prevent falls. Gentle yoga, stretching and time spent on one foot can help improve balance and flexibility. Dedicate time every week to stretch and work on balance.

Move more and sit less.

Stand while you fold laundry. Stand when you talk on the phone. Sweep the floor, even if it doesn't need it! Walk your laundry to put it away, one piece at a time, instead of one basket at a time. Can you find more ways to sit less and move more?