

Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

1 Endurance




So you can



climb steps dance the night away

2 Strength

So you can



lift groceries carry grandchildren

3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit nia.nih.gov/health/exercise