



The Choices are Limitless!

You can start and stay active when it seems like you can't

These are the 4 kinds of exercise that you can pick from:

- 1 Endurance
- 2 Strength
- 3 Balance
- 4 Flexibility

1 Endurance: activities that increase your breathing and heart rate (pulse)

- Endurance activities
 - keep you healthy and more fit
 - help you do the things you need to do every day
 - improve the health of your heart and lungs
 - delay or prevent diseases such as diabetes, colon and breast cancers, and heart disease
- Examples of endurance activities:
 - fast walking
 - dancing
 - biking
 - playing tennis
 - yard work
 - jogging
 - climbing stairs or hills
 - swimming
 - playing basketball

2 Strength: activities that increase your muscle strength

Strength exercises help you stay independent in your daily activities like climbing stairs and carrying things. *Strength exercises include lifting weights and using a resistance band.*

3 Balance: activities that make you more stable

These help improve your balance and prevent falls. *Balance exercises include standing on one foot, heel-to-toe walk, and tai chi.*

4 Flexibility: activities that keep your body flexible

These give you more freedom of movement for everyday activity. *Flexibility exercises include shoulder and upper arm stretches, calf stretches, and yoga.*



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You have many choices

When you travel...	<ul style="list-style-type: none"> • Stay at a hotel that has an exercise room. • Ask locals or the front desk of the hotel where you can walk or run safely. • Walk to dinner instead of taking a taxi. • Do your sightseeing on a bike or on foot. • Do some stretching, yoga or use a strength band in your room.
When the weather isn't the best...	<ul style="list-style-type: none"> • Walk at the mall. • Find stairs at your work or apartment building. • Use a video or TV exercise program. • Dance to your favorite music.
When you can't afford a fitness center...	<ul style="list-style-type: none"> • Use household items for weights such as milk cartons or canned foods. • Use your own body weight: squats, push-ups or sit ups. • Join a walking group with friends. • Find fun activities through a local community center.
When you feel tired...	<ul style="list-style-type: none"> • Try yoga, light weights or stretching—this will still help your balance, strength and flexibility. • Exercise early in the day. • Start walking—you may start to have more energy with each step.
When it doesn't seem fun...	<ul style="list-style-type: none"> • Do an activity while watching TV or a movie, reading a book or a magazine, listening to music, a book or podcasts. • Consider it “play time” like kids do: play with the dog, play with grandkids. • Try a new class or activity. • Find a friend to be active with you. • Help out a neighbor or friend with moving or housework.