



It's Never Too Late

A few things to consider before starting

What to wear	<ul style="list-style-type: none"> • Shoes with good support, traction, and shock absorption • Loose fitting, comfortable clothes • A hat and/or sunscreen to protect your skin
When to be active	<ul style="list-style-type: none"> • Wait 60 minutes after eating before you start (if you are going to be doing more intense activity or if you had a very big meal). • Don't be too active during the hottest time of the day or in very cold weather.
Avoid dehydration	<ul style="list-style-type: none"> • Drink plenty of fluids (especially water) before, during and after exercise (unless your nurse or doctor tells you not to). Try to drink 1-2 glasses an hour before, $\frac{1}{2}$ glass every 15-20 minutes you are active, then another glass within an hour of stopping your activity. • Do not wait until you feel thirsty before taking in fluids.
Safety first	<ul style="list-style-type: none"> • Carry a mobile (cell) phone. • Let someone know your plans (where you are going and how long you plan to be gone). • Make sure you have good lighting. • Take the medications you may need with you (asthma inhalers or nitroglycerin).
Monitor	<ul style="list-style-type: none"> • Use the "talk test" to monitor how hard you are working. You should be able to talk while you exercise. • If you can't talk, the exercise may be too difficult. Check with your nurse or doctor. • If you are able to sing, the exercise may be too easy.



It's Never Too Late

Being active benefits everyone – no matter your age or what shape you are in now. Regular exercise helps to prevent losing muscle as you age and improves your balance—which can help prevent falls and broken bones! Staying active also helps keep your mind sharp and can help prevent depression and getting stressed out! Exercise helps improve your stamina, breathing, blood pressure and blood sugar control.

Some tips if you have one of the following health conditions

Heart Disease	<ul style="list-style-type: none"> • Know the signs that mean you should stop your exercise session: chest pain or pressure, unusual shortness of breath, feeling dizzy or very tired, sweating more than normal, or irregular heart beat. • Call your doctor or nurse to tell them about these symptoms. Be sure to ask whether it is safe for you to exercise.
Diabetes	<p>Talk with your nurse or doctor about:</p> <ul style="list-style-type: none"> • when to check your blood sugars (like before or after exercise) if you are going to be active • when you should or should not exercise based on your medicine and eating schedule—especially if you take insulin • how and what you should eat before and after activity
Arthritis and/or Low Back Pain	<ul style="list-style-type: none"> • Pick activities that are lower impact: bike, swim, row, water aerobics/walking, elliptical machine, yoga, or tai chi.
Balance Problems	<ul style="list-style-type: none"> • Use equipment with a handrail. • Ask about a referral to physical therapy. • Choose chair exercises or a stationary bike.

Specific instructions for you

The benefits of exercise are greater than the risks for most people.