



Tips for Starting an Exercise Program

Choose the Right Exercise Program

Always talk to your healthcare provider about what kinds of exercise are best for you. To reduce falls, older adults are encouraged to do strength, balance and flexibility exercises three times a week and aerobic exercises three to five times a week.

Stick With It

Making exercise part of your daily routine is one of the best ways to stay healthy, active and independent.

Go with a Group

Group exercise classes can be more fun than exercising alone. Classes provide consistency, motivation and an instructor who can help you get started and achieve your goals.

Build Your Balance

Exercise that improves your balance can reduce falls and help keep you independent. Be sure to include core exercises that strengthen your abdominals, lower back and side muscles.

Stay Strong with Weights

It's important to use weights regularly (at least 15 minutes, two to three times a week) for your arms and legs to build and maintain your overall strength. Exercising with weights helps with balance, flexibility, walking ability and helps prevent falls.

Exercise Should Not Be Painful

Always listen to your body to know how long and how hard to exercise. If pain lasts more than one to two weeks, talk with your instructor and your healthcare provider.