



PHYSICAL ACTIVITY FOR OLDER ADULTS

ENDURANCE & STRENGTH

Endurance or aerobic activities increase your breathing and heart rate. They keep your heart, lungs and circulatory system healthy, and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. **Strength** exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises are also called “strength training” or “resistance training”. Examples of both of these exercises include: Brisk walking or jogging, yard work (mowing, raking, digging), dancing, lifting weights, using a resistance band, using your own body weight.

BALANCE & FLEXIBILITY

Balance exercises can help prevent falls, a common problem in older adults. Many lower-body strengthening exercises can also improve your balance. **Flexibility** exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement during exercise as well as for your everyday activities. Examples of both of these exercises include: Shoulder and upper arm strength, calf stretch, and yoga.

BRAIN HEALTH

Brain Health is the ability to clearly think, learn, and remember. It’s also important to exercise our brains in addition to our bodies. Examples of brain health exercises include: Puzzles, crossword, word searches or sudoku, and crossover activities (crossing right elbow to left knee and vice versa).

