



Physical Activity

Regular physical activity is one of the most powerful interventions available to promote healthy aging. The following questions are provided to help inspire you to stay active.

BEING ACTIVE: THINGS TO CONSIDER

- What are your goals? *Be less sedentary, fill an activity journal, weight loss, finish a 5K, etc.*
- What do you enjoy doing?
- Do you want to exercise alone, in a group, or with a friend?
- What facilities are available?
- How much time do you have available? *Schedule your time. Identify the best time.*
- What equipment will you need?

TYPES OF ACTIVITY TO CONSIDER

- **Aerobic:** Walking, hiking, jogging, biking, dancing, swimming, golf, gardening, etc.
- **Strength training:** Bodyweight exercises (push-ups, planks), free weights, machine and band exercises
- **Flexibility training:** Stretching
- **Neuromotor exercises:** Yoga, tai chi, qi gong

HOW TO BE NATURALLY ACTIVE

- Stand or pace while you are on the phone.
- Walk after meals.
- Stand at concerts, games, and outdoor activities.
- Try to meet in person, rather than by phone or email.

- Create multiple workstations.
- Park at the farthest spot!
- Get up from sitting every 20 minutes and walk for 2 minutes.

STAYING SAFE WHEN EXERCISING

- Wear loose comfortable clothing and good footwear.
- Begin by warming up.
- Be mindful of weather. Too hot or too cold puts added strain on your body.
- Stay hydrated. Whether it is hot or cold, fluids are lost through perspiration and respiration.
- Watch for pain. There is a difference between discomfort and pain.
- Cool down.

⚠ STOP EXERCISING IF YOU GET:

- Dizzy or lightheaded
- Chest discomfort
- Palpitations
- Nausea
- Short of breath beyond the “usual”
- Pain in muscles or joints
- A headache