



# How can I stay active as I get older?

These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



## Get your heart beating faster.

**Aerobic activity** can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

### Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



## Build your muscle strength.

**Muscle-strengthening activity** can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.

## Does pain make it hard to be active?

Physical activity can **ease pain** and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.

## Work on your balance.

**Balance activity** can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:

- Stand on 1 leg
- Walk backwards or sideways
- Do an online yoga or tai chi video



Feeling unsteady? Try holding onto a chair or wall for support!

## What about stretching?

Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

## Get a mix of activity types at the same time.

For even more health benefits, try something that counts as more than 1 activity type:



Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class

Remember, it's never too late to start being active. So take the first step. Get a little more active each day. **Move your way.**

Find tips and videos to help you get moving at [health.gov/MoveYourWay](https://health.gov/MoveYourWay)  
Build your weekly activity plan at [health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)

