

Build a stronger body

Add muscle-strengthening to your aerobic exercises to deliver even more health benefits, like protecting your joints, better balance and more restful sleep.

Classes: Take a strength-training class at your local fitness center to learn the basics.

Equipment: Use dumbbell or hand/ankle weights, resistance tubes, an exercise ball, and the weight of your own body.

At-home gear: Use household items for weights, such as water jugs or canned foods.

Safety matters: Before you start a new exercise program, always talk with your doctor to review any safety concerns you may have.

