



You're never too old to exercise

OLDER ADULTS MIGHT FIND IT HARD TO EXERCISE. BUT EXERCISE IS GREAT FOR OLDER ADULTS AND MAY EVEN HELP RELIEVE JOINT PAIN AND INCREASE ENERGY. IT CAN HELP YOU SLEEP BETTER, MAINTAIN A HEALTHY WEIGHT AND RELIEVE STRESS.



See your doctor first.

Talk to your doctor before starting an exercise plan if you have any health conditions or take medications.

Stay hydrated.

Drink water before, during and after your workout.

Perform all types of exercise.

This includes flexibility (stretching), strength (weights or resistance) and endurance (walking, biking or other activities).