

MOVE YOUR WAY®

OLDER ADULTS

What's your move?

Physical activity can make daily life *better*.

When you're active and strong, it's easier to:

Do everyday tasks, like chores and shopping

Keep up with the grandkids

Stay independent as you get older

And it has big health benefits, too.

- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

What types of activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least **150** minutes a week

Muscle-strengthening activity

Activities that make your muscles work harder than usual count.

at least **2** days a week

And mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.

Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

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.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can **find a way that works for you.**









So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

odphp.health.gov/MoveYourWay/Activity-Planner