Types of Exercise

There are four main types of exercise to improve health.

**Strength or resistance exercises** —
- Good for your heart and best for losing weight
- Build muscle and bone strength for fewer aches and pains
- Try walking with 3-5 pound weights in each hand (or using wrist weights) as resistance to build strength

**Flexibility or stretching exercises** —
- Improve posture, ability to move naturally, and ability to breathe deeply
- Increase circulation and reduce muscle tension caused by stress
- Ask your doctor to recommend safe stretches for you

**Cardiovascular or aerobic exercises** —
- Improve the ability of the lungs and heart to deliver oxygen throughout the body
- Increase endurance and stamina
- Try brisk walking, swimming, cycling, jogging, jumping rope, and climbing stairs as is safe for you

**Balance and coordination exercises**
- Can prevent falls and broken bones as you age
- Walking for exercise also can improve your balance
- Or, try exercise video games to improve your balance, or jump on a mini-trampoline as is safe for you

Brisk walking is a great exercise to safely build strength, flexibility, heart health, and balance!

Try walking with a pedometer to increase the number of steps you take each day.