

Types of Exercise

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.

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