



Exercising as You Age: A Resource for Older Adult Patients

Exercise keeps your body and mind healthy. Most adults over the age of 65 should be active for a total of 150 minutes each week, or about **20 minutes every day**. But those minutes do not have to happen all at once! Short activities like gardening, yoga, house chores, or walking to visit a neighbor can help add up to your weekly goal. At least **2 days a week**, you should also try exercises that use equipment or bodyweight to work all your major muscles.

Moving your body daily can help build your strength, balance, and flexibility. It can also help you stay healthy longer by keeping chronic conditions like diabetes under control. It is important to find exercises you enjoy. There are options for everyone! Your local health center provider can help you learn about what programs may be available in your community or find a safe exercise plan that fits your needs.

Exercise can help you:



Stay independent longer

Boost your mood



Lower your risk of diabetes and heart disease

Keep your muscles and bones strong



Lower your blood pressure

Keep good balance



Turn over to learn more



Things to Remember:

Safety first: Look around the room or outside area you are in to make sure it is safe to start exercising.

Get comfortable: Wear clothes that let you move easily and shoes that support your feet.

Start slow: Try an activity for 10 minutes, 2 times a day. Add on as you feel comfortable! Chair exercises can help to build up your strength.

Water breaks: Drink water before, during, and after exercise.

Extra support: If you need it, grab on to a chair, counter, or walker for balance.

Stretch it out: Gentle movement like yoga or tai chi can help your muscles and mind feel relaxed.

Exercising at Home:

Try any of the moves listed below **20 times**, and see how you feel. If it is hard to talk during exercise, you might need to slow down! **STOP** if you have any chest pain, muscle cramps, or feel dizzy.

Marching legs: Standing or sitting up straight, lift your right knee as high as you can. Lower it, then lift your left leg.

Swimming arms: While standing up or sitting, raise your arms and move them in forward circles like you are going for a swim.

Wall push-ups: Lean forward slightly and put your hands flat on an empty wall at shoulder level. Keep your feet on the floor as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight.

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