

# Exercise and Physical Activity

Regular physical activity is essential for maintaining strength, balance, and mobility.

- **Types of Exercise:**
  - **Aerobic exercise:** Activities like walking, swimming, and cycling improve cardiovascular health.
  - **Strength training:** Lifting weights or using resistance bands helps build muscle mass and strength.
  - **Balance exercises:** Activities like Tai Chi and yoga can improve balance and reduce the risk of falls.
  - **Flexibility exercises:** Stretching can improve range of motion and reduce stiffness.
- **Recommendations:**
  - Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.
  - Include strength training exercises at least two days per week.
  - Consult with a doctor or physical therapist before starting a new exercise program.
- **Staying Active:**
  - Incorporate physical activity into your daily routine, such as taking the stairs instead of the elevator or walking during lunch breaks.
  - Find activities that you enjoy and that fit your abilities.
  - Consider joining a senior exercise class or walking group.