

Ways to Stay Active (65 years old and older):

As you age, it's important to have an exercise routine. This will help improve your balance, prevent falls, and keep you healthy. Use this chart to learn about ways you can stay active.

Type of exercise	What you can do	How often
Aerobics	<ul style="list-style-type: none"> • Walking or jogging • Dancing • Swimming or water aerobics • Exercise classes • Biking • Golfing (no cart) • Gardening 	<ul style="list-style-type: none"> • Do aerobics for 2.5 hours a week for not too much intensity. • Do aerobics for 1.5 hour a week for an intense workout.
Muscle strengthening	<ul style="list-style-type: none"> • Working with exercise bands or handheld weights • Pull-ups, push-ups, sit-ups, or working with resistance bands • Carrying groceries • Digging, lifting, or carrying as a part of gardening 	<ul style="list-style-type: none"> • Do these exercises at least 2 times a week or more.
Balance activities	<ul style="list-style-type: none"> • Backward walking • Sideways walking • Heel walking • Toe walking • Standing from a sitting position • Tai Chi, qigong, or yoga 	<ul style="list-style-type: none"> • Do these activities at least 3 times a week or more. You can also try to do some of the easier activities each day.

To sign up for a free qigong or yoga class at CHN, call 212-432-8494



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