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## Being active as you age



Exercise at this stage in life is less about pushing hard and more about protecting your independence and mobility. It's about choosing the right kind of movement to support your energy, ease—and your joints. Being able to get up and down from the floor at age eighty doesn't just happen. It takes intentional behavior now to meet your goals for later life. Regardless of whether you've always exercised or you're just getting started,

it's never too late to review what you're doing to keep your body moving. Even a few hours of activity a week can help keep your heart pumping, preserve muscle, and steady your balance. There are three key types of movement to incorporate in your life:

1. **Aerobic (cardio) movement.** Boosts heart and lung health, supports brain function, and helps prevent diabetes and heart disease. *Examples: Brisk walking, dancing, swimming, pickleball, biking.*
2. **Strength or resistance training.** Counteracts the natural loss of muscle mass that comes with aging. Lack of muscle affects your energy and ability to carry groceries, climb stairs, or rise from a chair. *Examples: Using resistance bands or handheld weights, leg lifts/pushups, digging/hauling.*
3. **Balance and flexibility exercises.** Reduces fall risk and improves coordination. *For balance: tai chi, yoga, standing on one foot, heel-to-toe walking. For flexibility, stretch after all exercise.*

If you haven't been active in a while or have a chronic condition, check with your doctor first. Physical therapy may be advised to address old injuries or concerns. Once cleared, start slowly, both for safety and to increase the likelihood that you'll stick with it. Just ten minutes a day makes a difference. As your strength and confidence grow, increase your time and intensity, building toward the recommended 150 minutes a week of aerobic activity.

Find a mix of activities that you enjoy and that fit your lifestyle. Some people like routine; some like variety. Try doing things solo and with others. (Working out with a friend or group can really boost motivation!) There are many options these days. You might share a wellness app with friends, try a virtual class or free video workout at home, or go to a group activity in person. If you'd like a structured class, online platforms, community centers, local studios, and Medicare's SilverSneakers are all good places to look.

Along the way, set realistic goals for yourself and celebrate milestones. What matters most is that you keep moving with intention. You're not just exercising, you're building the future you want to live in, today.

**Looking for help with building that future?  
Give us a call at 206-456-5155.**



Aging Wisdom —  
Your Experts in  
Aging Well

**206-456-5155**

Aging Wisdom supports individuals and families in King and south Snohomish Counties as they plan for aging.



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