

Starting to Exercise Again after a Break

Vacation? Flu? Out-of-town guests? Many things can interrupt your physical activity routine, but you can start again and be successful. Here are a few ideas to help.

- Don't be too hard on yourself. Just try to get back to your activities as soon as possible.
- Think about the reasons you started exercising and how much you've already accomplished.
- Start again at a comfortable level, and gradually build back up.
- Try an activity you've never done before.
- Believe in yourself!

Sometimes the reason you stop exercising is temporary, and at other times it's permanent. Here are some ways to manage these breaks.

Temporary Interruptions:

- When you're on vacation, get out and see the sights on foot or visit the hotel fitness center.
- Caring for an ill spouse can understandably interrupt your exercise routine. Ask a friend to help out for a while so you can go for a walk.

Permanent Interruptions:

- If your exercise buddy moves away, sign up for an exercise class at the senior center. This is a great way to meet other active people.
- Hip surgery can affect the types of exercise that you do. Talk to your doctor about the best activities for you to do.



Quick Tip

Be flexible and creative. If your grandchildren come for a visit, reschedule your exercise for their nap time, or better yet take them with you on a walk.

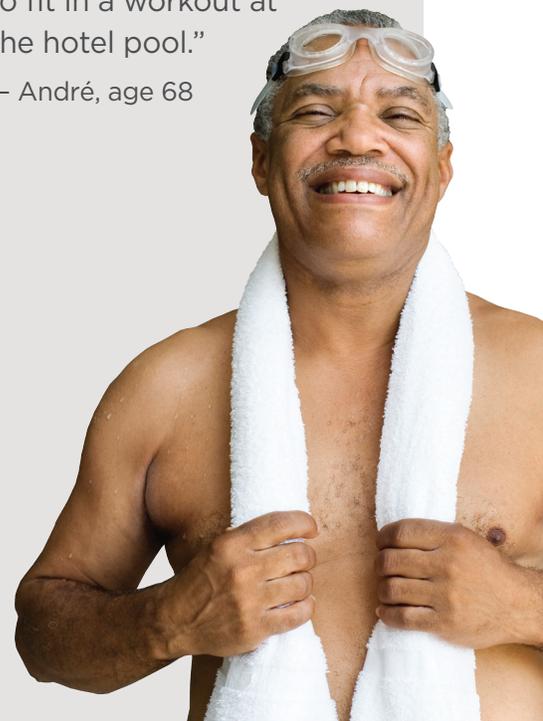
VISIT

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- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

"Whenever I go on vacation, I always try to fit in a workout at the hotel pool."

— André, age 68



National Institute on Aging

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