

Staying Safe during Exercise and Physical Activity

There's a way for almost every older adult to exercise safely and get meaningful benefits. To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Wear appropriate shoes for your activity.
- Warm up before exercising, and cool down afterwards.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.
- Dress appropriately for the temperature outdoors, or opt for an indoor activity if it's very hot or cold.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

Endurance. Listen to your body. Your breathing may become faster, but you should still be able to talk.

Strength. You will need a chair to do many of the strength exercises on the **Go4Life** website. Be sure to choose one that is sturdy.

Balance. Have that sturdy chair handy or a person nearby to hold on to for your balance exercises if you feel unsteady.

Flexibility. Always warm up before stretching exercises—a few minutes of walking works well.



Quick Tip

Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

VISIT

www.nia.nih.gov/Go4Life

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

