1. Endurance exercises to increase your breathing and heart rate:
   - Brisk walking or jogging
   - Yard work (mowing, raking)
   - Dancing
   - Biking
   - Climbing stairs or hills

2. Strength exercises help build and maintain muscles. Try:
   - Lifting weights — you can use common objects from your home, such as bottled water or soup cans.
   - Using a resistance band

3. Balance exercises can help prevent falls and fall-related injuries. Try:
   - Tai chi
   - Balancing on one foot. Use a sturdy chair or counter for support as you get started.

4. Flexibility exercises improve your ability to move freely.
   - Yoga
   - Flexibility exercises with a chair or the wall