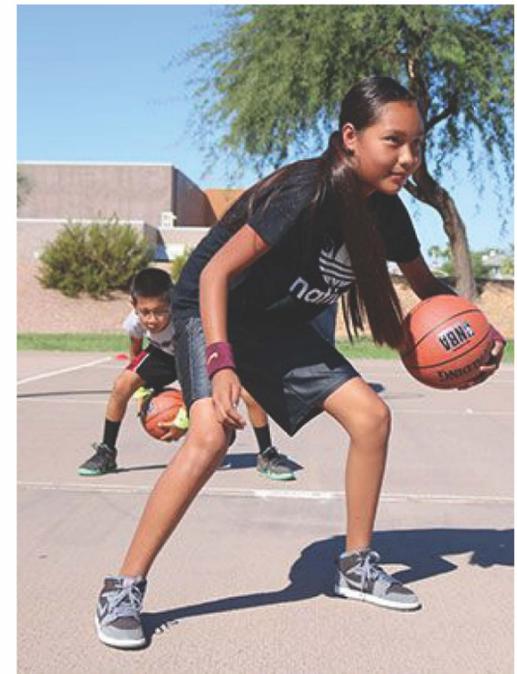
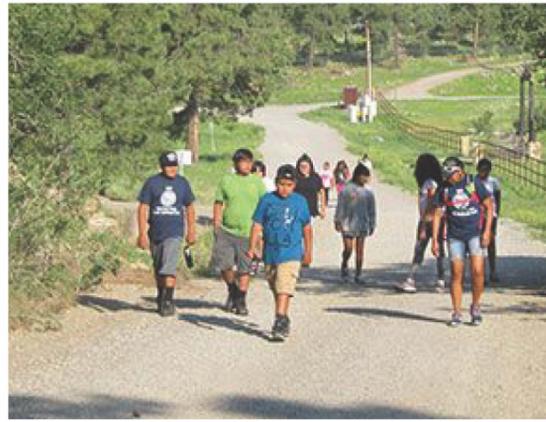


Four Types of Exercise



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

