

NO MORE EXCUSES!

Overcome Exercise Barriers

Many older adults know they should be more active, but find it hard to fit exercise into their lives.

CHECK OUT THESE TIPS

to learn how you can stop making excuses and get moving to improve your health.



NO TIME.

Exercise first thing in the morning or combine physical activity with a task that's already part of your day.

TOO BORING.

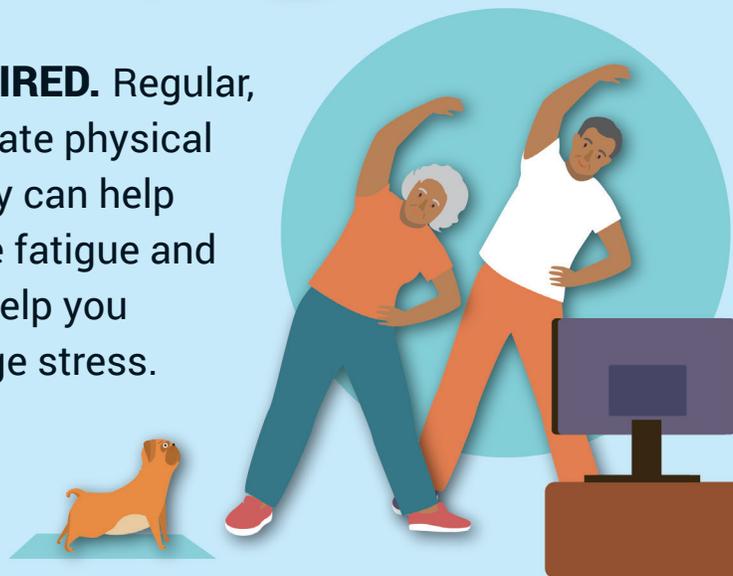
Do things you enjoy and try new activities to keep exercise interesting and fun.





TOO EXPENSIVE. Wear a pair of comfortable, non-skid shoes for walking and use soup cans or water bottles to strength train.

TOO TIRED. Regular, moderate physical activity can help reduce fatigue and even help you manage stress.



For more information about exercise and physical activity, including overcoming exercise barriers, visit

nia.nih.gov/health/exercise

