Get Fit So You Can Do More!

Exercise and be active every day so you can keep doing what’s most important to you.

Practice all 4 types of exercise for the most benefits.

1. **Endurance**
   - So you can
   - climb steps
   - dance the night away

2. **Strength**
   - So you can
   - lift groceries
   - carry grandchildren
3 Balance
So you can prevent falls and related injuries
TIP: Use a chair or the wall for support.

4 Flexibility
So you can drive and get dressed

Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit nia.nih.gov/health/exercise