It's Never Too Late to Start Exercising

Go4Life

The Importance of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

This fotonovela is part of ***Go4Life***, a national campaign from the National Institute on Aging at NIH to help you fit exercise and physical activity into your daily life. To find out more about how ***Go4Life*** can help you be more active, visit our website at www.nia.nih.gov/Go4Life.

NATIONAL INSTITUTE ON AGING
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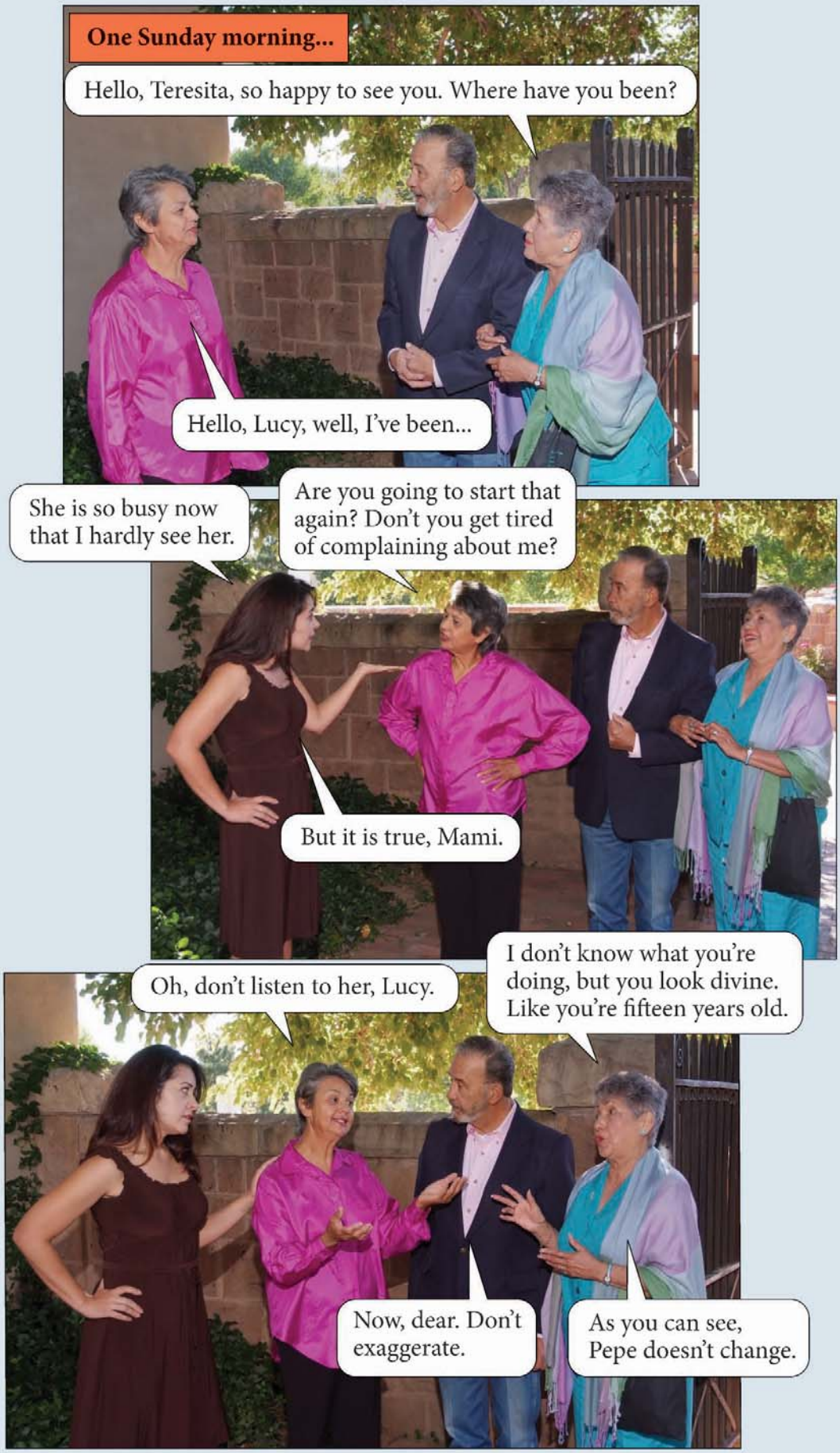
One Sunday morning...
Hello, Teresita, so happy to see you. Where have you been?
Hello, Lucy, well, I've been...
She is so busy now that I hardly see her.
Are you going to start that again? Don't you get tired of complaining about me?
But it is true, Mami.
Oh, don't listen to her, Lucy.
I don't know what you're doing, but you look divine. Like you're fifteen years old.
Now, dear. Don't exaggerate.
As you can see, Pepe doesn't change.

Tell me about your life. How are you?
Well, I've had some health problems recently...
I have high blood pressure and Pepe's blood sugar is high.
Imagine, Comadre! Now we have to diet and live life more calmly.
And with more exercise!
No, not that. I am not in any state to exercise. And Pepe, even less so.
But exercise is life. It gives you energy and lifts your spirits. It helps you deal with your health problems.
What are you talking about lifting our spirits, Comadre? We are very discouraged.
Lucy, tomorrow I'm coming for a visit. I'll tell you all about our exercise group. Let's see if it interests you.
Fine, but I don't think Pepe is going to like it.
You leave Pepe to me.

The next day at Lucy and Pepe's...
Okay, tell me...what are you so excited about?
Teresita is telling me about a group of older people like us who get together three times a week to be more active. They have a lot of fun!
Older people? Who are you calling old?
Oh Pepe, you don't take anything seriously.
We have a good time and you should see how much my life has changed for the better.
And what do you do?
We exercise.
Stop there!

But let me tell you. At our age, it is important to be active.
Comadre, since when are you a doctor? How do you know all this?
We use this guide in our group. Look, everything is very well explained.
Well, this does look interesting. How can I get a copy?
You can read the information on the web or you can order a free copy and have it mailed to you.
Your Everyday Guide
from the National Institute on Aging
Exercise & Physical Activity
Go4Life
www.nia.nih.gov/Go4Life

Rosa, Lucy and Pepe's daughter comes for a visit…
Good evening, Teresita. To what do we owe this nice surprise?
I'm trying to convince your parents...
This book explains that exercise is very good for our health.
I was telling them to come with me to exercise.
Tell me about it, Teresita…
Well, our group gets together three times a week. We walk in the park. Sometimes we exercise at the community center, or we go to the pool and swim.
Oh, Rosita, you talk just like my daughter. She is furious because now I am a more independent woman.
Oh no! I would die of worry that you could fall or that something would happen to you.

Oh, Teresita, it's not that. We worry about you. We don't want anything to happen to you.

You young people should know that we older people can live our lives well. We can be useful and have energy. Instead of criticizing, you should support us.

In that respect, Teresita is right. You don't even want us to go to the corner by ourselves. We're not dead yet!

Don't even joke about that!
Okay, Dad, let me see the book...

Would you show me how to order it online?

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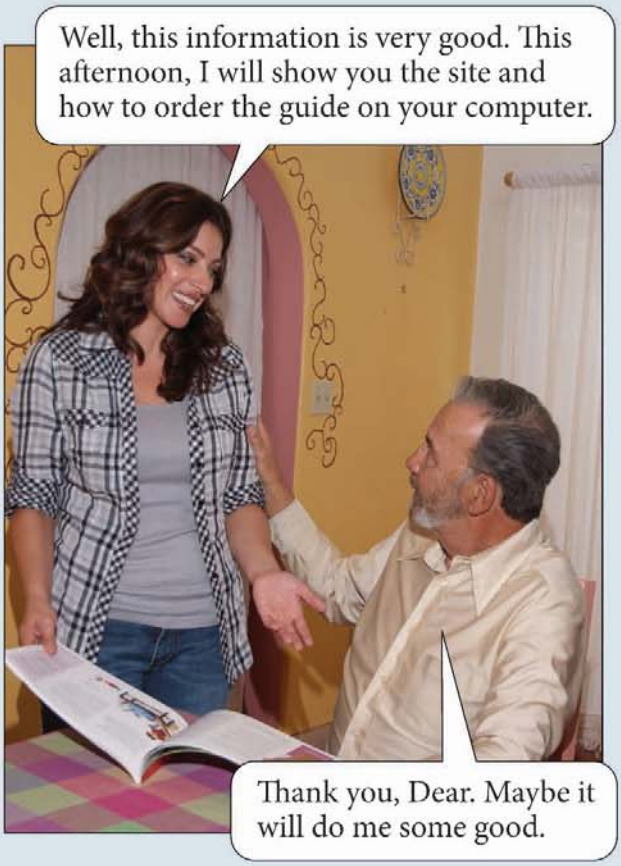
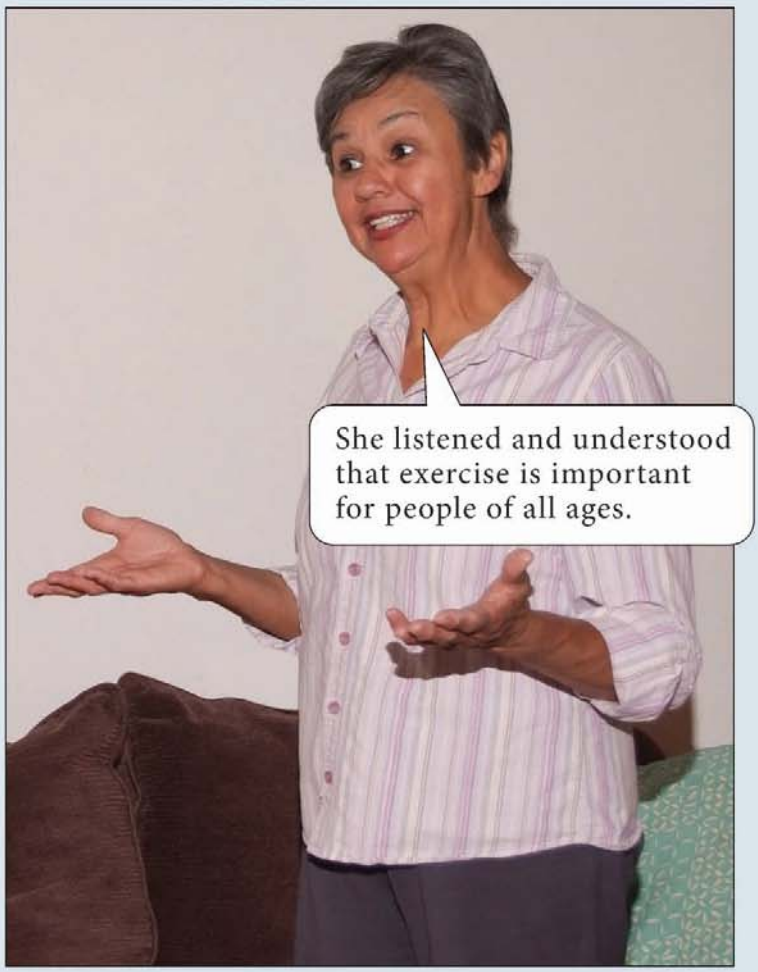

Well, this information is very good. This afternoon, I will show you the site and how to order the guide on your computer.
Thank you, Dear. Maybe it will do me some good.

In Lucy's kitchen…
Thank you, Teresita. You can count us into your group of athletes. Ha ha ha.
Athletes eating fried food.
Oh don't start with that now.

Okay, for today, I won't say anything else. But diet is just as important as exercise.
Here, let me taste just a little bit.

Early in the morning, at the home of Teresita and her daughter, Carmen...



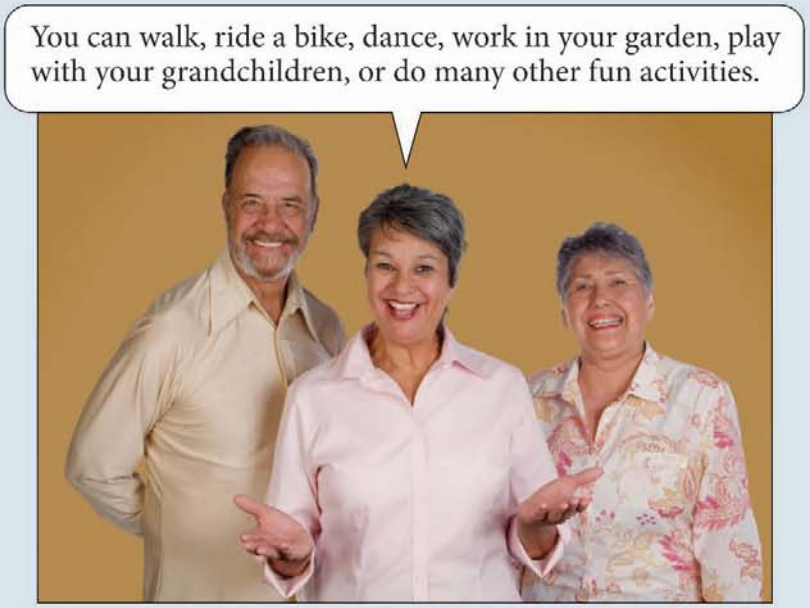
Months later…

I was afraid that something would happen to my mom if she became more active. I wanted to protect her but I limited her instead. Now I understand how important it is for her to be more physically active.

Physical activity is very important for people of all ages. For more information, visit www.nia.nih.gov/Go4Life.

It's never too late to start!

For everyday fitness ideas, order your own copy of **Exercise and Physical Activity: Your Everyday Guide** from the National Institute on Aging.



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