

## Building Up the Benefits

**Once you start exercising and become more physically active, you'll begin to see results in just a few weeks – you'll feel stronger and more energetic.**

You'll notice that you can do things easier, faster, or for longer than before. This tells you that your body is getting used to a higher level of activity. Now is the time to build on those benefits by doing more.

**Make it happen.** If you are able, do your current activities longer, farther, or harder.

- When you can easily lift a weight ten times, add repetitions or use a heavier weight.
- Add ten minutes to your daily walk.
- If you swim half a mile, build up to three-quarters of a mile.
- Increase the number of days you go to the gym.

**Make it fun.** Try some new activities to keep your interest alive.

- Sign up for dance lessons.
- Organize your friends to go bowling together once a week.
- Join a water aerobics class.
- Spend more time tending to your garden.
- Sign-up for yoga or tai chi classes to increase your flexibility and balance.

Be sure to congratulate yourself for your efforts. You've made great progress, and you're ready for more!



### Quick Tip

Save gas by walking to your nearby grocery store. Switch electric appliances for muscle-powered versions, such as the can opener, lawn mower, or rake.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



**National Institute on Aging**

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