

Get Active! Your Keys to Success

Like most people, you have probably heard that exercise and physical activity are good for you. Here are three tips to help you get started and keep going!

1 Include Physical Activity in Your Everyday Life

- **Make it a priority.** Put physical activity on your “to do” list every day.
- **Make it easy and fun.** Do things you enjoy, but pick up the pace a bit.
- **Make it social.** Ask a friend or family member to be your “exercise buddy.”
- **Make it happen.** Choose to be active in many places and in many ways.

2 Try All Four Types of Exercise

To help you get the most health benefits, choose each of the four types of exercises:

- **Endurance**
- **Strength**
- **Balance**
- **Flexibility**



3 Plan for Breaks in Your Routine

Vacation? Flu? Out-of-town guests? Many things can interrupt your physical activity routine, but you can start exercising again and be successful.

- Go easy on yourself. You are not alone.
- The sooner you resume some sort of activity, the easier it will be to get back into your routine.
- Think about the reasons you started exercising.
- Believe in yourself!



Quick Tip

Try being active first thing in the morning before you get busy.

VISIT

www.nia.nih.gov/Go4Life

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

“Strength exercises are just one type of physical activity that I try to build into my weekly routine.”

— Joseph, age 79



National Institute on Aging

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