



# You Can!

## Gain a Lot by Staying Active



Exercise and physical activity are good for everyone, including older adults. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

**YOU CAN** do four types of exercise: endurance, strength, balance, and flexibility. Doing one type can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

- **Endurance** improves the health of your heart, lungs, and circulatory system, which increases your “staying power.”
- **Muscle strengthening** can make everyday activities easier, like getting up from a chair, climbing stairs, and carrying groceries.
- **Balance** helps prevent falls.
- **Flexibility** helps you move more freely and makes it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

**YOU CAN** exercise, no matter your health and physical abilities.

- Contact your local Council on Aging or YMCA to inquire about their upcoming exercise classes, including the evidence-based *A Matter of Balance*, Tai Chi, Yoga, and Aerobics. For a listing of evidence-based health and wellness classes offered throughout MA, visit the Healthy Living Center for Excellence workshop schedule listing at [www.healthyliving4me.org/workshop-schedule](http://www.healthyliving4me.org/workshop-schedule).
- If you are living with functional limitations caused by brain injury, stroke, Parkinson’s disease, or other neurological disorder, you can participate in *Neuro-Fit: Assisted Exercise Program*. For more information, visit [www.supportivelivinginc.org/live-well1/live-well-classes](http://www.supportivelivinginc.org/live-well1/live-well-classes) or call 339-227-0295 and ask for the Neuro-Wellness Manager.

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