

Safe Exercises for Healthy Aging



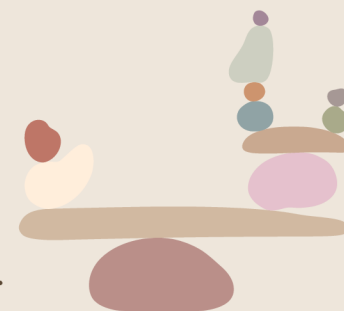
STRETCHING

- Stretching improves flexibility and reduces stiffness.
- Gentle stretches should be done slowly and without bouncing.



BALANCE EXERCISES

- Balance training helps prevent falls and improves stability.
- Activities like Tai Chi or standing on one foot can strengthen balance.



STRENGTH TRAINING

- Strength exercises using resistance bands or light weights help maintain muscle and bone strength.
- Aim to train major muscle groups twice per week.



CARDIO EXERCISE

- Walking, swimming, and cycling improve heart health.
- Regular aerobic exercise supports overall fitness and independence.

