**The Secret of Healthy Aging Clarifiers**

* Set up a plan!
* Start with what you like and are willing to do
* Know your limitations
* Don’t work through the pain!
* Stop if you are short of breath
* Rest and recovery after exercise is important!

**Exercise Recommendations and examples**

**Cardiorespiratory Exercise**

* Aim to increase your breathing and heart rate
* Gradually progress your exercise time, frequency and intensity for best results and least injury risk.
	+ Walking – is the best overall
	+ Swimming
	+ Aerobic exercise “machines” – elliptical trainer, treadmill, stationary bike

**Resistance Exercise**

* Begin slowly and avoid pain
* Train 2-3 days/week using a variety of exercises and equipment
* **Rest and Recover are key!** Wait at least 48 hours between resistance training sessions
* Examples:
	+ Resistance bands
	+ Free weights
	+ Machine weights
	+ Body weight exercises (sit to stand, moving limbs against gravity)

**Alternative Exercise**

* Perform 2-3 days per week
* Goal of exercises is to improve (balance, agility, coordination and gait), and prevent falls.
* Examples:
	+ Yoga
	+ Tai-Chi
	+ Ping-pong
	+ Water aerobics
	+ Gardening
	+ Dancing