

## Staying Safe during Exercise and Physical Activity

**There's a way for almost every older adult to exercise safely and get meaningful benefits. To play it safe and reduce your risk of injury:**

- Begin your exercise program slowly with low-intensity exercises.
- Wear appropriate shoes for your activity.
- Warm up before exercising, and cool down afterwards.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.
- Dress appropriately for the temperature outdoors, or opt for an indoor activity if it's very hot or cold.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

**Endurance.** Listen to your body. Your breathing may become faster, but you should still be able to talk.

**Strength.** You will need a chair to do many of the strength exercises on the **Go4Life** website. Be sure to choose one that is sturdy.

**Balance.** Have that sturdy chair handy or a person nearby to hold on to for your balance exercises if you feel unsteady.

**Flexibility.** Always warm up before stretching exercises—a few minutes of walking works well.



### Quick Tip

Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

### VISIT

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

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



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.