How can I stay active as I get older?

These 3 types of physical activity can help you stay healthy and independent:

- Aerobic activity
- Muscle-strengthening activity
- Balance activity

Get your heart beating faster.

Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather’s bad
- Play a sport with friends — consider pickleball or tennis

Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead

Aim for at least **2 days a week** of muscle-strengthening activity.
Does pain make it hard to be active?
Physical activity can ease pain and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.

Work on your balance.

Balance activity can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:
• Stand on 1 leg
• Walk backwards or sideways
• Do an online yoga or tai chi video

Feeling unsteady? Try holding onto a chair or wall for support!

What about stretching?
Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

Get a mix of activity types at the same time.
For even more health benefits, try something that counts as more than 1 activity type:

Try ballroom or salsa dancing
Rake leaves in the yard
Take a water aerobics class

Remember, it's never too late to start being active. So take the first step. Get a little more active each day. Move your way.

Find tips and videos to help you get moving at health.gov/MoveYourWay
Build your weekly activity plan at health.gov/MoveYourWay/Activity-Planner