GET FIT
FOR FREE

Exercise is key to healthy aging.

Physical activity can make your muscles stronger, increase your heart rate, improve your balance, and stretch your muscles, just to name a few benefits.
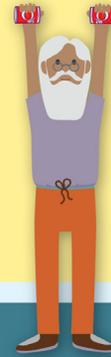
Try all 4 types of exercise for the most benefits: **endurance, strength, balance, and flexibility.** Not sure how to get moving?

Here are some ideas that don't cost a dime.
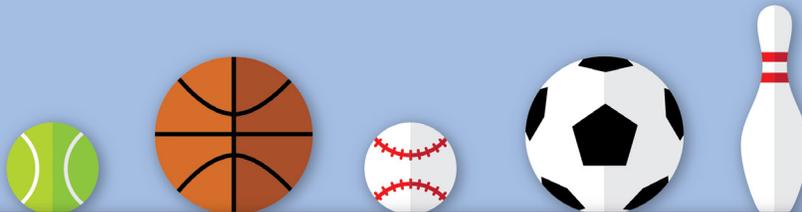
Go for a hike in a park or up and down some stairs.

Make your own weights
with water bottles or
other household items.

Participate in a community-sponsored
cleanup or fun run/walk.

Join a local recreational sports league.

Walk or roll with friends or family
at the mall or around your neighborhood.