

# 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.



Visit <https://go4life.nia.nih.gov/get-fit-for-free>  
for more free exercise ideas.