

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that can accompany aging.

Exercise and Physical Activity for Older Adults

Frequently Asked Questions

To read the National Institute on Health responses to these questions please go to <http://nihseniorhealth.gov> exercise for older adults, frequently asked questions. There are many other helpful, healthy ideas at this website.

1. What can exercise do for me?
2. What is the difference between exercise and physical activity?
3. If I have a medical condition, is it safe for me to exercise?
4. What health conditions would cause me to check with my doctor before exercising?
5. I'm 81 years old. Should I be exercising, and will it make a difference at my age?
6. I haven't exercised in years. How do I start?
7. I find it hard to make myself be active. What can I do?
8. How do I find time to be active?
9. Once I start exercising, how long before I see results?
10. Is it better to join an exercise class or group, or exercise on my own?

- 11. Do I need a personal trainer?**
- 12. Do I need special shoes or clothing?**
- 13. Do I need to buy any special equipment?**
- 14. Should I drink water when I exercise?**
- 15. Should I eat before exercising?**
- 16. How do I avoid injury?**
- 17. What kinds of exercises should I try?**
- 18. How much physical activity do I need?**
- 19. What are some endurance exercises to try?**
- 20. What are some strength exercises to try?**
- 21. What are some balance exercises to try?**
- 22. What are some flexibility exercises to try?**
- 23. If I'm overweight or obese, what kinds of physical activity can I do?**
- 24. How can I tell if I'm making progress?
How frequently should I check my progress?**
- 25. Why should I check my progress?**

26. I've been exercising for some time now and I'm not seeing any more real improvements. What can I do to see more progress?

27. How can I make exercise a regular part of my life?

28. When there are temporary breaks in my exercise schedule, how can I get back on track?

29. When events cause permanent changes in my life, how can I stick with exercise and physical activity?