**Get Active this May**

**Visit Falls Free® Wisconsin Today!**

**Improve Balance and Increase Strength**

May is National Physical Fitness and Sports Month. Physical activity is extremely important to help you continue to be able to do your daily activities as you age without having to depend on others. For older adults, the recommended physical activity guidelines are:

* About 3 days a week of activities that improve balance.
* At least 2 days a week of activities that strengthen all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
* At least 150 minutes a week of moderate-intensity activity (such as walking) or 75 minutes a week of vigorous-intensity activity (such as hiking, jogging, or running).

Muscle strength and balance can be increased at all ages! Improving your balance and increasing strength can reduce your risk of falls. In just a couple of weeks you may notice a difference.

**Ways You Can Stay Physically Active**

There are many ways that you can stay physically active – not just in May, but year-round.

* Join an exercise class – it is a great way to stay accountable, meet new people, and have fun while improving your balance, strength, and physical fitness.
* Look for Stepping On or Physical Activity for Lifelong Success (PALS) class near you. Find a workshop at <bit.ly/42hY4H6>.
* Contact your local Aging & Disability Resource Center, County Extension Office, Local or Tribal Health Department, gym or health club, or County Parks and Recreation Office for a list of classes and programs in your area.
* Grab a buddy! Help each other and stay social connected while being physically active.

Visit [FallsFreeWI.org](https://fallsfreewi.org/) for additional falls prevention information, including some simple balance and strength exercises to get you started.