

Move More, Stay Strong: How Physical Activity Helps You Stay Independent

Want to keep doing what you love—gardening, walking, dancing, or just moving with confidence? Staying active is key to building strength, improving balance, and reducing fall risk!

Even small amounts help keep muscles strong, joints flexible, and bones healthy. The Physical Activity Guidelines for older adults recommends:

- Strength exercises **at least 2 days a week** targeting major muscle groups.
- **150 minutes** of moderate activity (like brisk walking) **or 75 minutes** of vigorous activity weekly.
- **Regular** balance training.



As you get stronger and steadier, everyday tasks like standing up or climbing stairs become easier. Keep challenging yourself by holding balance poses longer, reducing support safely, adding light weights, or doing more reps.

The goal is to keep your body ready for life—stronger and balanced to stay on your feet and enjoy what you love.

Looking for a fun, social way to boost your balance and strength? Exercise classes might be just what you need! They offer guided instruction, motivation, and a chance to connect with others—all helping you stay independent. Plus, they're a great way to meet new people and enjoy staying active.

Programs like Stepping On and Strong Bodies are designed for older adults, focusing on proven methods to improve strength, stability, and confidence in daily life. Want to get started at home? You can find easy-to-follow strength and balance exercises and more information on local classes at [**fallsfreewi.org/balance-strength**](https://fallsfreewi.org/balance-strength).



No matter your age or fitness level, you can build strength and boost balance — starting today! Learn more at:

