

# HEALTHY AGING



"No matter what your age, size, or fitness level, **IT'S NEVER TOO LATE TO START EXERCISING.**"



— Jaza Marina, M.D.,  
a Kaiser Permanente physician  
who specializes in **elder care**

## REGULAR EXERCISE

### HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

### CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



# WALKING

is probably the easiest exercise.

All you need is **30 MINUTES A DAY 5X A WEEK**

YOU CAN  
**BREAK**  
THAT UP

MORNING



AFTERNOON



EVENING



# Improve Your Balance

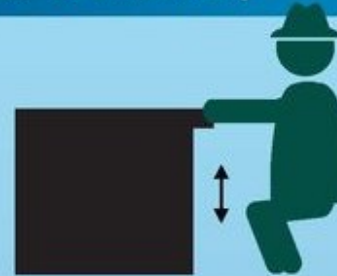
## 4 Basic Exercises



### **KNEE BENDS** *Hold on to a sturdy chair or countertop*

1

- Keep back straight
- Lower body and bend knees
- Raise body back up
- Repeat 10-15 times



### **HEEL RAISES** *Hold on to a sturdy chair or countertop*

2

- Stand straight
- Raise up on toes slowly
- Lower heels to ground slowly
- Repeat 10-15 times



### **SIDE LEG RAISES** *Hold on to a sturdy chair or countertop*

3

- Keep back straight
- Raise one leg out to side
- Return leg to standing
- Repeat 10-15 times
- Switch sides



### **SIT TO STAND** *Use a sturdy chair*

4

- Sit in chair, feet on ground
- Stretch both arms out front
- Rise up to standing position
- Sit back down
- Repeat 10 times



TALK WITH YOUR  
**PHYSICIAN**  
BEFORE STARTING  
A NEW EXERCISE  
**ROUTINE**



Eat. Reduce. Play. Limit.

**WELLNESS  
COALITION**  
of Taylor County

