



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Be Active

Activity guidelines for older adults

- >> Be sure to talk to your doctor about the type and amount of physical activities need.
- >> Older adults need a mix of aerobic activity and muscle-strengthening exercises that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- >> People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.
- >> When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- >> Older adults should do exercises that maintain or improve balance if they are at risk of falling. Check with your local senior center to see if they offer balance training or tai chi classes.
- >> Older adults should determine their level of effort for physical activity relative to their level of fitness.
- >> Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

To learn more, visit:

www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html