Taking a quick exercise break? Try one of these ideas!

Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.

Flexibility

Stretching can improve your flexibility to make everyday activities easier.

Balance

Balance exercises help prevent falls and can improve balance.

Strength

Strength exercises can help you stay independent and prevent fall-related injuries.

To learn more about exercise, visit: www.nia.nih.gov/exercise.