Being physically active can help you continue to do the things you enjoy and stay independent as you age.

The Four Types of Exercise:

**Aerobic Exercise**
- increases your breathing and heart rate
- may prevent or delay many diseases, such as diabetes and heart disease
- examples include brisk walking, swimming, biking,

**Muscle Strength**
- helps you climb stairs, carry groceries, and stay independent
- you can build muscle by lifting weights or using a resistance band, performing everyday activities like carrying full laundry baskets or lifting things from the garden

**Balance Exercises**
- help prevent falls, which can be a concern for older adults
- include exercises that strengthen the muscles in your legs, hips, and lower back

**Stretching**
- can help your body stay flexible
- stay limber by learning shoulder, upper arm, and calf stretches and taking classes like yoga
- daily activities such as making the bed and bending over to tie your shoes
Aging: What To Expect

HEART AND BLOOD VESSELS

As you age:
• Your heart may increase in size and your heart rate may decrease
• Blood vessels may harden, making your heart work harder to pump blood (leads up higher blood pressure or other cardiovascular problems)

What to do:
• Include physical exercise in daily life
• Don’t smoke
• Manage stress
• Eat a healthy diet (Lean meats and low fat)

BONES

As you age:
• Bones tend to shrink in size AND density (You can get SHORTER!)
• Muscles moving your bones may become weaker and less flexible

What to do:
• Get your calcium (1000 mg or more/day)
• Get your vitamin D (sunlight!)
• Do weight-bearing exercises (walking, jobbing, weights, stairs)

URINARY & DIGESTIVE TRACTS/WEIGHT

As you age:
• Increased constipation
• Loss of bladder control (especially in women)
• Difficulties with weight gains
• Muscles mass replaced with fat

What to do:
• Don’t forget about fiber!
• If you gotta go, GO.
• Maintain a bathroom schedule (for example, once an hour)
• Take in less calories (watch portion sizes)

MENOPAUSE

• Natural decline of reproductive hormones (starts at 30)
• Permanent loss of menstruation and fertility for 12 months after final cycle
• Average age – 51

Common Complications
• Cardiovascular disease
• Osteoporosis
• Urinary incontinence
• Weight gain

Taking Control
• Figure out your hot flash triggers
• Optimize sleep
• Practice relaxation
• Strengthen pelvic floor
• Eat well
• Don’t smoke
• Yoga 😊