

# Strength Exercises

May 2012

## INSIDE SCOOP

**Strength**

**Balance**

**Stretching**

**Endurance**

### Special points of interest:

- Strength exercises can help build muscles and increase metabolism
- Build leg muscles which help prevent falls with balance exercises
- Stretching can help allow you to be more active and have better movement
- Endurance exercises help increase your heart rate

## Healthy Tips for Adults and Seniors

**Strength exercises** build older adult muscles and increase your metabolism, which helps to keep your weight and blood sugar in check.

**Balance exercises** build leg muscles, and this helps to prevent falls.

- According to the NIH, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and falling is

often the cause of those fractures.

- If you are an older adult, balance exercises will help you avoid problems as you get older.
- And if you are a senior, balance exercises can help you stay independent by helping you avoid the disabilities that could result from falling.

**Stretching exercises** can give you more freedom of movement, which will allow you to be more active during

your senior years.

Stretching exercises alone will not improve your endurance or strength.

**Endurance exercises** are any activity-walking, jogging, swimming, biking, even raking leaves-that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time.

