

GET WHAT YOU NEED OUT OF LIFESM

Get Smarter, Get Stronger

Strength, Balance and Flexibility: A Recipe for Staying Strong Regardless of Your Age

Muscle weakness, loss of mobility, and stiff joints do not need to be a part of aging. In fact, you can maintain or even improve your strength, balance and flexibility with the proper regular physical activity.

Getting started may be the most difficult part of any exercise program. Seek expert advice, learn or train with an exercise specialist at your local gym. Be sure to research what is available at your local hospital and talk with family and friends about personal referrals.

Before starting any new exercise routine, first check with your primary care provider (physician or nurse).

National Resources

National Institute on Aging - www.nia.nih.gov

Exercise - A Guide from the National Institute on Aging – order your FREE copy today! (book and DVD)

Silver Sneakers – www.silversneakers.com

Shape Up America; 10,000 Steps - www.shapeup.org/shape/steps.php

Walk With Spirit – spiritofwomen.com/walkwithspirit

Basic Components of Regular Physical Activity Focus on:

- Strength
- Balance
- Flexibility
- Endurance or
“Cardio respiratory”

Fast Facts

Are You Part of These Statistics?

- More than 60% of U.S. women do not engage in the recommended amount of physical activity.
- More than 25% of U.S. women are not active at all.
- Physical inactivity is more common among women than men.
- Social support from family and friends is consistently and positively related to regular physical activity.

Source: Surgeon General's Report on Physical Activity and Health: released 1996



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