Exercise helps you maintain independence by maintaining and/or increasing strength, endurance and flexibility

Lack of exercise leads to weakness and joint instability which increases your chances of falling

Exercise increases confidence, reduces the fear of falling, and increases your ability to catch yourself when thrown off balance

It is never too late to start an exercise program

Exercise Recommendations

- **Aerobic**: at least 30min of moderate physical activity on 3—5 days/week
- **Strength**: resistance train each major muscle group 2—3 days/week
- **Flexibility**: stretch each major muscle group for a total of 60sec on ≥2 days/week
- **Balance and Coordination**: 3—4 days/week

Best Exercises for Balance

- Tai Chi
- Walking
- Water aerobics
- Strength training

Independence Physical Therapy
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