

Fitness is for life!



Exercise is one of the best things you can do to contribute to your health and well-being. No matter your age or stage in life, there are many healthy reasons to exercise and many exercises you can participate in. Start enjoying the benefits of exercise today—plan your workout routine with the tips that apply to you and your family!

Exercise tips for preschool-aged children (3-5)

- Children should be active as much as possible every day to help them grow strong and encourage healthy habits.
- Find multiple activities your child enjoys—the greater the variation, the better for their growth and development!

Exercise tips for children and adolescents (6-17)

- This age group should get 60 minutes or more moderate-to-vigorous intensity activity daily. As part of the 60 minutes, on at least 3 days a week, activities should include muscle strengthening and/or bone strengthening.
- Organized sports through school or community teams are a convenient way to help this age group stay active as well as learn the importance of teamwork and sportsmanship.

Exercise tips for adults (18-64)

- Aim to get at least 150 minutes of moderate-intensity exercise each week, like brisk walking, or 75 minutes of vigorous exercise each week such as running or hiking uphill. Include strengthening activities at least 2 days a week.
- Take your time to build your strength and endurance with exercise.

Exercise tips for older adults (65+)

- In addition to the tips above, if you fall into this age group it is important to incorporate balance exercises to improve your coordination. This is important to include as it may help reduce falling. Tai chi, yoga and Pilates are great exercises to try.
- When selecting exercises, choose those that will help you become more efficient in your everyday activities.

Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/physicalactivity/basics/age-chart.html>



Remember, talk to your doctor before beginning to exercise or prior to trying any new exercises. It is important to choose activities that are safe for your level of fitness, especially if you have any chronic conditions or other health issues that could affect your ability to exercise.

Health Advocate can get you to the right support and resources to improve your health and well-being.

We're here 24/7. Get the support you need, right when you need it, so you can be healthy and do the things you love.

We can help you in any language.



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