

# HEALTHY AGING



"No matter what your age, size, or fitness level, IT'S NEVER TOO LATE TO START EXERCISING."

— Jaza Marina, M.D.,  
a Kaiser Permanente physician  
who specializes in elder care



## REGULAR EXERCISE

### HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

### CAN HELP LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



## WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN  
BREAK  
THAT UP

MORNING



AFTERNOON



EVENING



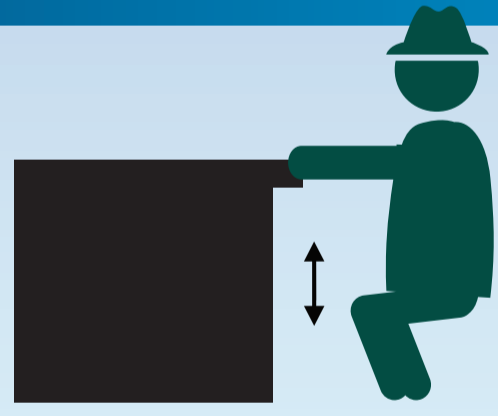
## Improve Your Balance 4 Basic Exercises



### KNEE BENDS *Hold on to a sturdy chair or countertop*

1

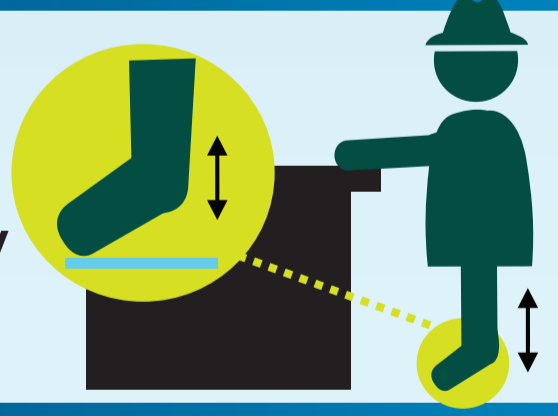
- Keep back straight
- Lower body and bend knees
- Raise body back up
- Repeat 10-15 times



### HEEL RAISES *Hold on to a sturdy chair or countertop*

2

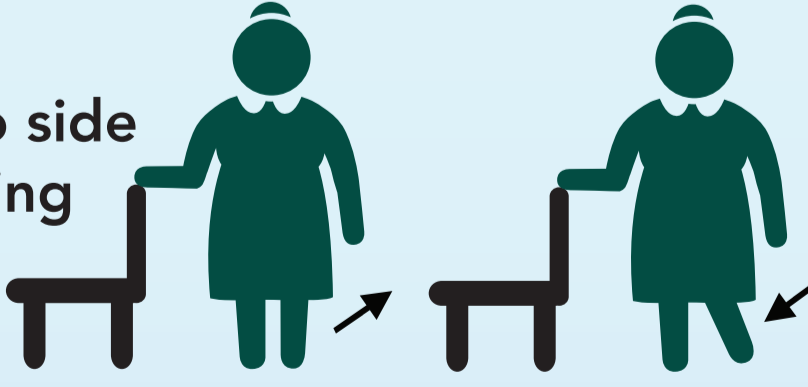
- Stand straight
- Raise up on toes slowly
- Lower heels to ground slowly
- Repeat 10-15 times



### SIDE LEG RAISES *Hold on to a sturdy chair or countertop*

3

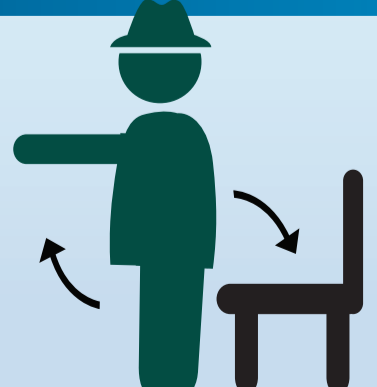
- Keep back straight
- Raise one leg out to side
- Return leg to standing
- Repeat 10-15 times
- Switch sides



### SIT TO STAND *Use a sturdy chair*

4

- Sit in chair, feet on ground
- Stretch both arms out front
- Rise up to standing position
- Sit back down
- Repeat 10 times



TALK WITH YOUR  
**PHYSICIAN**  
BEFORE STARTING  
A NEW EXERCISE  
**ROUTINE**

To find classes in your area and possible fees, or for more info visit **kp.org**.

