

Exercise

How Much Physical Activity Do Older Adults Need?

This website from the Center for Disease Control and Prevention contains information about aerobic activity, muscle-strengthening activities, Balance Activities, and how much activity adults age 65 and older need. To find this information and much more, go to the following websites: https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm

Making Physical Activity a Part of an Older Adult's Life

<https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>

Physical Activity for People with Disability

<https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html>

and

https://www.cdc.gov/physicalactivity/basics/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fguidelines%2Findex.html