



Better care for your aging parents.

notes

## Four Types of Exercise to Stay Young at Heart

When deciding how to help your parent begin an exercise routine, take note of the following four types of exercise that will work together to greatly improve overall health:

- Stretching:** Stretching will not only make your parent feel better, it can help prevent injuries from exercise or just regular daily movement.
- Strengthening:** Even a small improvement in strength can help improve your parent's ability to sit, stand, walk and carry things like bags of groceries.
- Endurance:** Simple walking, jogging, swimming or other aerobic exercise — done on a consistent basis — will do the trick.
- Balance:** Losing balance can become common as we age, but it also can be improved with some attention.

For more information on these questions and what to expect, access the Parentgiving Learning Center.