

Move safely

- Clear tripping hazards.
- Wear non-slip shoes.
- Warm up and take breaks.
- Keep water and a phone nearby.
- Use sturdy support if needed.
- Invite a friend or caregiver.

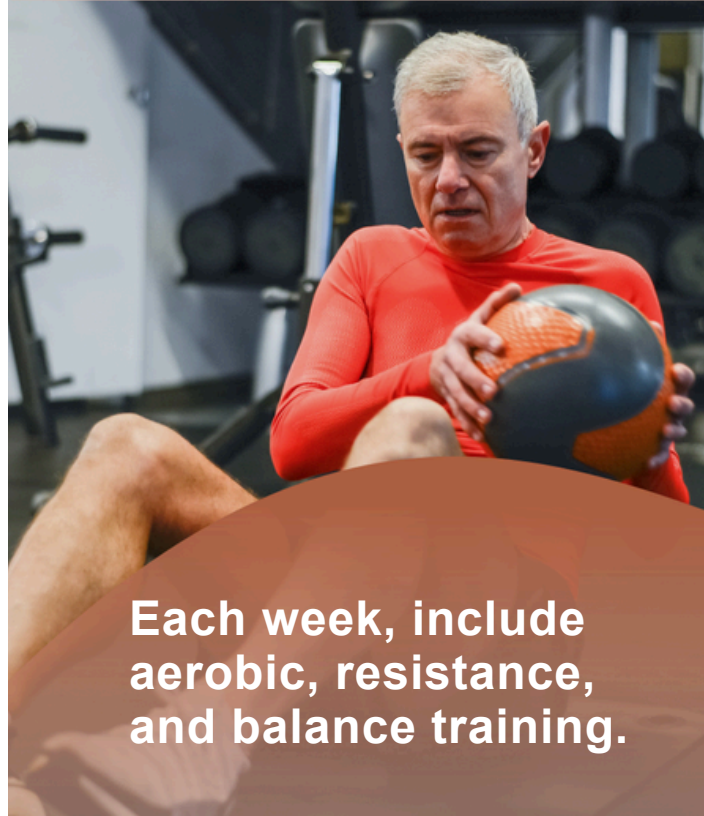
Plan ahead

Use a familiar place.
Carry emergency contact details.

If you fall

Tell your clinician and family about a fall, even if you feel fine.

**Stop if you feel unwell.
Chest pain or signs of a heart attack? Call 911.**



Each week, include aerobic, resistance, and balance training.



Exercise: A Powerful Prescription

 UTHealth[®] Houston
Institute on Aging

Aerobic

Aerobic activity helps your heart and energy.

How to start

- Walk with a friend.
- Try 10-15 minutes, 2 days a week.
- Use 3-5 minute sessions if needed.

Check your pace

At moderate effort, you can talk but not sing.

Resistance

Build strength for everyday tasks like standing up and carrying groceries.

How to start

- Start with 1 day a week.
- Use light bands or body weight.
- Rest 2-3 minutes between exercises.

Everyday strength

Notice whether getting up from a chair, using stairs, or carrying groceries feels easier.

Balance & Stability

Build steadiness and confidence for daily activities.

How to start

- Use a sturdy chair or countertop for support.
- Try 5-10 minutes, 2 days a week.

Steadier movement

Notice whether walking and stepping over curbs feel steadier.

Keep using support when you need it.

No gym membership or trainer needed! Aerobic, resistance, and balance exercises can all be done at home using your body weight, resistance bands, or everyday activities. Consistent exercise helps improve your health, mobility, and independence. See the other side for exercise resources.