



Ways To Be Physically Active No Matter Your Age

Remaining physically active throughout your lifetime is crucial to living a long, healthy life and avoiding chronic disease or injury!

Adults can achieve this by participating in lifetime sports - low impact activities that do not involve physical contact with other individuals. You can master these sports continuously as you age.

Some Examples Include:

1. Swimming
2. Tennis
3. Cycling
4. Rowing/Kayaking/Canoeing
5. Golf
6. Badminton
7. Frisbee
8. Pickleball
9. Cross Country Skiing

There are so many benefits to staying physically active throughout your lifetime. There is no age where you should stop being active, and it is never too late to get started!

Lifetime sports and physical activity are known to decrease the risk of heart disease and diabetes, improve mental health, decrease the risk of falling, improve cognitive function, and help adults maintain strong social ties throughout their life.

There is always something you can do! How will you maintain your physical health?



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.



TRANSFORM