

# 4 “S”s

*of an exercise plan*



1

## **SWEAT.**

Walking, jogging, stair climbing or biking are aerobic exercises. They get your heart pumping and your body sweating. These exercises are good for heart health and help to shed pounds.

2

## **STRENGTHEN**

You don't have to lift weights to get healthier muscles. Push-ups, using a resistance band, or lifting cans of soup will help tone your muscles. These exercises help build stronger bones, too.

3

## **STAY STILL.**

Balance is an important way to help prevent falls and make you more coordinated. Try standing on one leg, using an exercise ball, or practicing yoga or tai chi.

4

## **STRETCH.**

Muscles need to be flexible to help prevent injury or soreness. Stretch gently after each workout as part of your cool-down.



Source: National Institutes of Health