



## Add Life to Your Years

*"Activity may not add years to your life (it might) but it will certainly add life to your years."*

Now that you have added physical activity to your lifestyle, try complementing those activities by trying something new. Try to include the four elements of a well-rounded physical fitness routine: aerobic fitness, strength training, flexibility, and core strengthening. Not only will you feel energized, but you will maximize your results and ward off boredom, too.

## Four Elements of a Well-rounded Physical Fitness Routine

1. **Aerobic fitness** activities are the activities you perform that increases your bodies ability to use oxygen, such as walking/jogging, and swimming.
2. **Strength training** helps to increase your body's lean muscle mass using free weights, resistance bands, or weight machines. This can help with weight loss.
3. **Flexibility** is the ability to move your joints through their full range of motion. Stretching exercises will help you become more flexible. Yoga and tai chi are two examples of ways to increase your flexibility.
4. **Core strength** helps you to maintain your balance during daily activities. It can also help deter poor posture and lower back pain. Exercises that develop core strength include exercises on a stability ball, work with medicine balls, and Pilate's programs.



Use this chart to find other options to supplement your current routine.

If you currently...	Try adding...
Walk/Jog	Swimming Water Aerobics Rowing Weight Training Yoga/Tai Chi Pilates
Stair Climb	Swimming Rowing Tennis/Racquet Sports Yoga/Tai Chi Pilates
Swim	Walking or Jogging Weight Training Bike Riding Yoga/Tai Chi Pilates
Bike Ride	Walking Tennis/Racquet Sports Swimming Weight Training Yoga/Tai Chi Pilates

Source: Mayo Clinic <http://www.mayoclinic.com/health/fitness-training/HQ01305>