THE POWER OF 4

There are four types of exercises you can focus on that don't necessarily target a specific area of fitness, but instead benefit your body's overall health. They are:

ENDURANCE
STRENGTH
FLEXIBILITY
BALANCE

If you're working on building muscles, you're probably lifting weights. If you're trying to lose weight, you're most likely focusing on aerobic activity. But keep in mind, by mixing up your routine and doing alternative types of exercise, you'll be improving your ability to do the others.

ENDURANCE

Aerobic exercises that increase your breathing and heart rate improve your endurance. These exercises improve the health of your heart, lungs and circulatory system.

Examples of endurance exercises include:

- Brisk walking or jogging
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing sports such as tennis and basketball
- Outdoor chores like yard work



Being active throughout your day can have a positive impact on your endurance.

Building up to 150 minutes per week of activity that makes you breathe hard should be your goal.

Also avoid sitting for long periods of time! Take breaks throughout your workday to move.

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

© 2022 United HealthCare Services, Inc.

Building strength not only tones muscles, but also helps with balance and agility.

Stronger muscles are something you'll appreciate as you age since they make daily activities for older adults much easier.

The most obvious method of strengthening your muscles is by using weights, but resistance bands work just as well.

If you're just beginning a strengthening exercise using weights or bands, start out gradually with light weights and bands. Once you're at the point that you can comfortably do two sets of 10 to 15 repetitions focusing on a specific muscle, you're ready to increase the weight/resistance little by little.

Try to do strength exercises for all your major muscle groups at least two days per week, but don't exercise the same muscle group two days in a row.

Examples of simple strength-building exercises include:

- Lifting weights
- Using resistance bands
- Tricep extensions
- Arm curls
- Wall push-ups
- Lifting your body weight
- Gripping a tennis ball



DON'T FORGET

Mixing these 4 types of exercises into your workout can reduce boredom and burnout.

FYI: You can find a lot of examples online.

Strength

© 2022 United HealthCare Services, Inc.

Flexibility

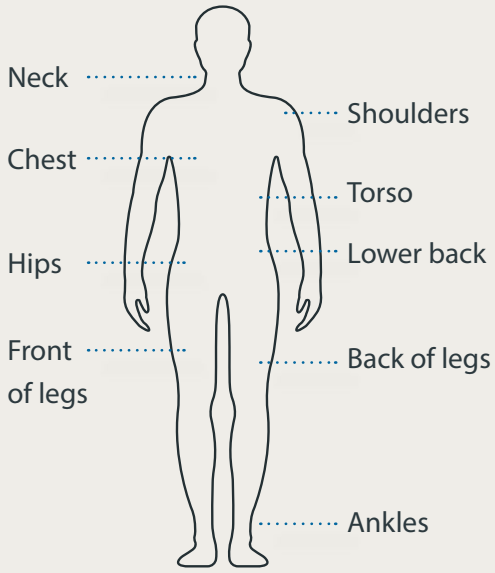
Your body's flexibility begins with stretching muscles. Stretching can be beneficial to your body and mind in a number of ways – if it's done properly.

It's important to understand your body's limits before and during stretching. People who are more physically active and flexible can push their stretching routines farther than those who may not be very active and flexible.

Before beginning a stretching routine, warm your muscles up. Gently walking while pumping your arms is a great way to do this.

Hold each stretch for 10 to 30 seconds while breathing steadily. Also, don't bounce your stretches, and never stretch to the point of pain.

The American College of Sports Medicine (ACSM) says that stretching for 10 minutes just two days a week can help increase flexibility in the muscles and range of motion in the joints. You can find many variations on types of stretches online. ASCM recommends that most people perform stretching exercises for each major muscle-tendon group. This includes:



Stay within your capabilities at first

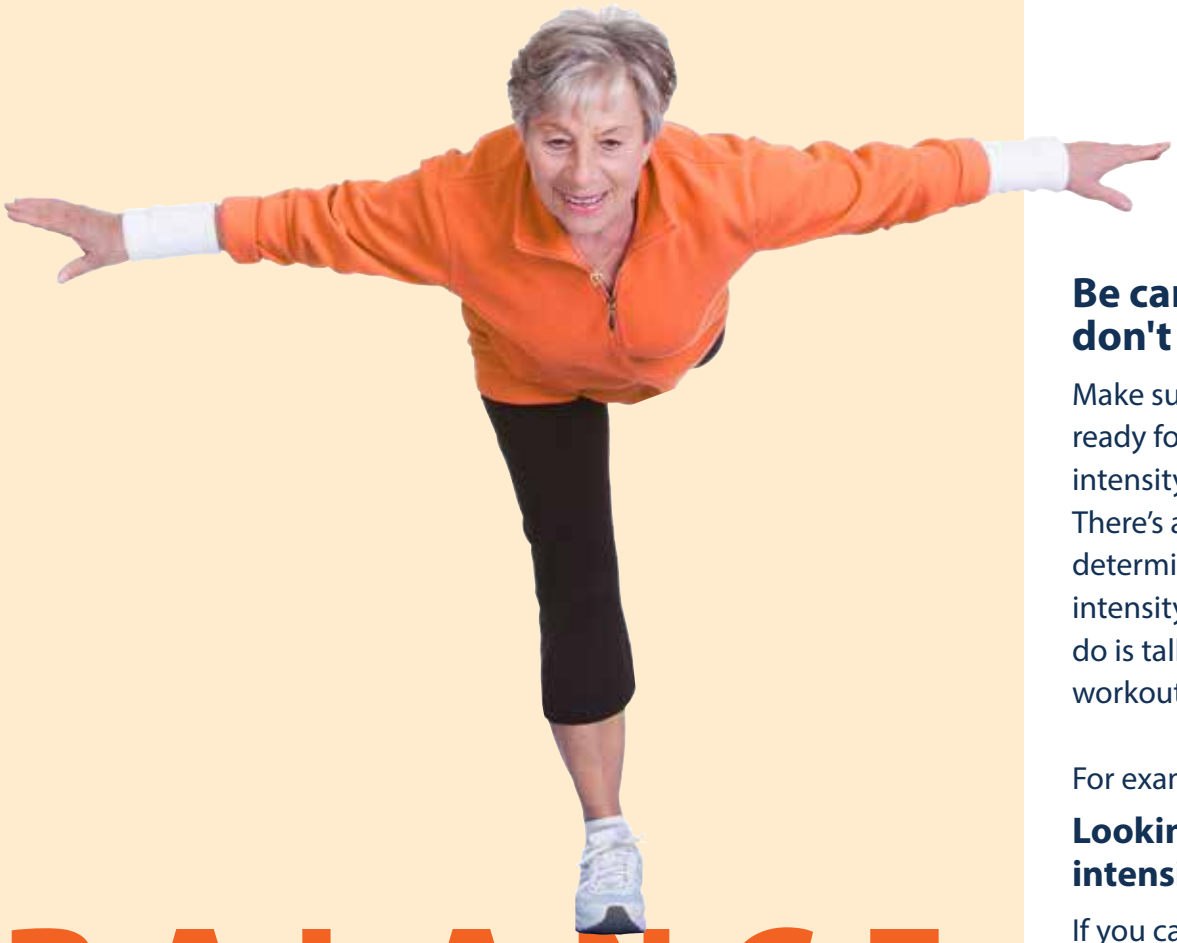
No matter your age and ability, you can find activities that meet your fitness level and needs.

Check with your doctor if you're unsure about doing a particular exercise.



© 2022 United HealthCare Services, Inc.

Lower body-strengthening exercises do wonders for your balance. And if you're like many older adults juggling grocery bags, keys and walking all at the same time, you might be glad your balance is in check.



BALANCE

You don't need fancy exercise equipment or weight sets to improve your balance. You can practice some balance exercises pretty much anywhere at any time, including:

- **Tai Chi** – a **moving meditation** that involves shifting the body slowly, gently and precisely while breathing deeply
- Standing and **balancing on one foot**, then repeating for the other
- Doing a **heel-to-toe walk**
- **Standing from a seated position** without the use of your hands
- The **balance walk** – where you hold your arms out, find a focal point and walk forward lifting your knees high

Be careful and don't overdo it

Make sure your body is ready for the exercise intensity you're giving it. There's a simple way to determine your level of intensity. All you have to do is talk during your workout.

For example:

Looking for high-intensity exercise?

If you can only say a few words before taking a breath, you're exercising at a high intensity.

Prefer a moderate-intensity exercise?

If you're breathing hard but can still easily have a conversation, you're hitting the moderate level.

© 2022 United HealthCare Services, Inc.