



Physical Wellness for Older Adults

[It is recommended](#) that older adults achieve 150 minutes of moderate physical activity per week. This should include at least 2 days of strength training and exercises that improve balance. Programs that promote physical activity can help older adults create healthier habits. Some ideas to promote activity include:

- Incorporating one of these evidence-based physical activity programs into your senior nutrition program:
 - [Geri-Fit®](#)
 - [Walk with Ease](#)
 - [On the Move: Group Exercise for Improved Mobility in Older Adults®](#)
 - [Stay Active and Independent for Life \(SAIL\)](#)
 - [Moving for Better Balance](#)
 - [SilverSneakers®](#)
 - [Tai Chi for Arthritis and Fall Prevention](#)
- Starting a walking club. You can create maps of nearby walking routes. There are a variety of free apps online that are easy to use and help generate maps and include information like distance. Even a short 10-minute walk [has been proven](#) to have great health benefits.
- Joining national events that promote movement like [National Senior Health and Fitness Day](#) and [Falls Prevention Awareness Week](#).

For more ideas, check out the CDC's Physical Activity [resource guide](#) for older adults.

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