

Exercise for Healthy Older Adults: Safety First

Almost anyone, at any age, can do some type of exercise and physical activity. You can still be active even if you have a long-term condition like heart disease or diabetes. In fact, exercise and physical activity may help. Persons with balance concerns may be able to do exercises by either sitting or holding on to a chair or other object. Be sure to discuss your concerns and the types of exercise you would like to do with your health care provider. Write your questions or concerns regarding exercise or activity here:

There are many reasons to check with your health care provider before you exercise.

Place a check next to any of your problems.

☐	Feeling dizzy or short of breath
☐	Chest pain or pressure
☐	The feeling that your heart is skipping, racing, or fluttering
☐	Blood clots
☐	An infection or fever with muscle aches
☐	Unplanned weight loss
☐	Foot or ankle sores that won't heal
☐	Joint swelling
☐	A bleeding or detached retina, eye surgery, or laser treatment
☐	A hernia
☐	Recent hip or back surgery
☐	Any other symptoms _____

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> Accessed May 6, 2009.