

## Low-impact exercise: simple, safe

**Y**ou don't need to push yourself to the limit to get a good workout. Exercise comes in many forms. And all of them have health benefits. Low-impact exercise is gentle on your joints. Running and jumping are not low-impact exercises. But walking, biking, water aerobics and light gardening are. There are lots of simple ways to get moving.



Photo above by FatCamera, below by Kali9, courtesy iStockphoto

### Quick facts on low-impact exercise:

**1** Experts recommend getting at least 150 minutes of exercise each week. The workouts you do should get your heart pumping. You can also do muscle-strengthening and flexibility exercises for balance.



**2** Low-impact exercise makes you stronger. It can lower your blood pressure and your stress. It also makes you less likely to get injured.

**3** Exercise is for everyone, but talk to your doctor before starting something new. If you have an injury, arthritis or it is hard for you to get around, you will need advice on how to work out safely. Your doctor will have ideas.

**4** Start your exercise slowly. You can go for a walk every day, or try your hand at tai chi. You might swim in a pool, or take a dance lesson.

**5** As you start to exercise more, you can build up to tougher workouts over time. A walk could become a jog, for example. But do not push yourself too hard. Every body is different and that's OK.



>> For more information on low-impact exercise, visit [www.acefitness.org](http://www.acefitness.org)