

EIGHT TIPS TO HELP YOU AGE WELL

1 CHRONIC PAIN DOESN'T HAVE TO BE THE BOSS OF YOU

Each year 116 million Americans experience **chronic pain** from arthritis or other conditions, costing **billions of dollars** in medical treatment, lost work time, and lost wages. Proper exercise, mobility and pain management techniques can ease pain while moving and at rest, improving your overall quality of life.

2 YOU CAN GET STRONGER WHEN YOU'RE OLDER

Research shows that improvements in strength and physical function are possible in you **60s, 70s, and even 80s** and older with an appropriate exercise program. Progressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent **frailty**.

3 YOU MAY NOT NEED SURGERY OR DRUGS FOR LOW BACK PAIN

Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that **physical therapy can be an effective alternative**—and with much less risk than surgery and long-term use of prescription medications.

4 YOU CAN LOWER YOUR RISK OF DIABETES WITH EXERCISE

One in four Americans over the age of 60 has **diabetes**. Obesity and physical inactivity can put you at risk for this disease. But a regular, appropriate physical activity routine is one of the best ways to **prevent**—and **manage**—type 1 and type 2 diabetes.

5 EXERCISE TO AVOID FALLS AND KEEP YOUR INDEPENDENCE

About **one in three** U.S. adults age 65 or older **falls each year**. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise can improve movement and balance and reduce your risk of falls. It can also reduce your risk of **hip fractures** (**95%** of which are caused by falls).

6 YOUR BONES WANT YOU TO EXERCISE

Osteoporosis or weak bones affects more than **half of Americans** over the age of 54. Exercises that keep you on your feet, like walking, jogging, or dancing, and exercise using resistance, such as weightlifting, can improve bone strength or reduce bone loss.

7 YOUR HEART WANTS YOU TO EXERCISE

Heart disease is the number one cause of death in the U.S. One of the top ways of preventing it and other **cardiovascular diseases** is exercise! Research shows that if you already have heart disease, appropriate exercise can improve your health.

8 YOUR BRAIN WANTS YOU TO EXERCISE

People who are physical active—even later in life—are **less likely** to develop memory problems or **Alzheimer's disease**, a condition that affects more than 40% of people over the age of 85.