



TIPS AND IDEAS FOR SAFE AND HEALTHY LIVING FOR SENIORS



*Do you want
to exercise
more?*

- Check with your doctor before starting an exercise program
- Use exercise programs designed for you
- Start slowly
- Warm up
- Rest when necessary
- Drink Plenty of water
- Avoid outdoor exercise during the hottest part of the day (before 10:00 am and after 4:00 pm)

More tips to
come next month