

# VITAMIN

Vital health information in a minute



## Benefits of low-impact exercise

You don't have to train like an athlete to get the benefits of exercise. The important thing is to move your body every day. Low-impact exercise is a great option if you have painful joints or other health issues. It can help you ease into exercise safely.

Here are some ways low-impact exercise can improve your health.<sup>1</sup>

- › Build strength needed for everyday activities.
- › Improve your balance and lower risk of falls.
- › Increase your energy and reduce fatigue.
- › Lose weight or maintain a healthy weight.
- › Prevent joint injuries and existing conditions from getting worse.
- › Reduce stress, anxiety and depression.

### Four elements of exercise

Different types of exercise can help you make the most of your workouts. Mix up your routine with the following.

**1. Low-impact aerobic exercise.** This form of exercise makes you breathe harder and gets your heart beating faster. Try walking, biking or any activity that gets you moving. Start slow and build up your endurance gradually.

**2. Muscle-strengthening exercises.** Strength training makes your muscles stronger. This helps cushion and support your joints. You can get started using resistance bands or doing lunges.

**3. Flexibility exercises.** Doing stretches can improve your range of motion. It can decrease muscle soreness and prevent injuries.

**4. Balance exercises.** Balance training helps you stay steady and strong when walking, getting out of a chair, reaching up or leaning over.

Ready to get started with low-impact exercise? Talk to your health care provider before starting a new exercise program.

### Source:

1. National Institute on Aging. Real-Life Benefits of Exercise and Physical Activity. <https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity> (last reviewed/updated April 3, 2020).

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