



Start An Exercise Group

Exercise can:

- Reduce or prevent health problems.
- Builds your strength.
- Increase your energy.
- Reduce Stress
- Help maintain a healthy weight and appetite.

For helpful tips and additional information, visit:

Healthline [Exercise Plan for Seniors: Strength, Stretching, and Balance \(healthline.com\)](#)

Senior Lifestyle [7 Best Exercises for Seniors \(and a Few to Avoid!\) | Senior Lifestyle](#)

Well and Good [Your Beginner Fitness Plan for Starting 2022 With a Bang | Well+Good \(wellandgood.com\)](#)

Runtastic [28-Day Workout Challenge for Beginners \(All Workouts <15 Min\) \(runtastic.com\)](#)

It is important to take care of your body from the inside out. Regular physical activity is important for your physical body as well as for the mind and soul. Studies show that children 6 and older should receive at least 60 minutes of aerobic activity every day as well as doing things that strengthen their bones and muscles. Adults need two and a half hours of moderate-intensity aerobic activity (i.e., brisk walking) every week and two or more days a week of muscle strengthening activities (i.e., lifting weights); older adults can receive even greater health benefits if they get five hours or more of weekly activity.

Evidence shows that social support—a walking group or support from friends and family—can increase physical activity and fitness among adults. For older adults, social and physical activity programs can decrease loneliness and social isolation as well as improve health. In one study of members, members who attended a house of worship that offered physical activity programs were more likely to receive enough exercise each week than those attending one that offered no programming.

On-site group physical activity classes are a great way to promote physical fitness, provide motivation and support to reach goals, and serve as role models for younger generations. Consider ways to get families, youth, older adults, and/or community members engaged in your program.

The Faithful Families Walking Challenge includes an overview, motivational posters, and weekly newsletters with tips:

<https://faithfulfamilies.com/walkingchallenge/>

Note: Always speak with your doctor before starting an exercise routine

