

The final part of your program is strength training. It will help you:

- Keep your bones strong
- Avoid injuries
- Become stronger
- Improve coordination/ balance

Free weights and resistance bands are easy ways to increase your strength. Both are inexpensive and fun to use.

SET GOALS



Goals help you measure your accomplishments. They are the steps you climb to reach your ultimate destination. By setting short- and long-term goals, you will know:

- What you have accomplished
- What you still need to do
- If you need to change your plan

Write goals that are:

- Specific
- Measurable
- Achievable
- Realistic
- Timely

REWARD YOURSELF



It is important to reward yourself for accomplishing your goals. Treat yourself as soon as you reach your goal.

- Make your reward something you might never do for yourself, such as getting a back massage, a manicure or a pedicure.
- Go out and splurge — buy a pair of shoes, a different fishing pole, a new purse, or go to a special movie with a friend or your spouse.
- Take time to read or finish a good book, take a long bubble bath, or plant a flower or vegetable garden.

Just remember — NOW is the best time to get started.

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EXTENSION

Know how. Know now.

**FITNESS
INDULGENCE**



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FITNESS INDULGENCE



Physical activity — the one thing we hear so much about is usually one of the last things we want to do. But as we age, it becomes even more important than ever to be physically active.

Increase your enthusiasm for physical activity by changing how you think about it. Think of it as an indulgence for your body. Give yourself permission to indulge in a new and exciting activity; then reward yourself with something special like a hot stone massage.

The information in this brochure can help you get started on developing your “fitness indulgence” program. And remember — check with your doctor before starting a new program.

DEVELOP A PLAN



To develop a complete and balanced program for a healthy body, include at least one activity from each of the following groups:

- Cardiovascular
- Flexibility
- Strength training

Think of your plan as you would a three-legged stool. In order for the stool to be strong and fully functional, it needs all three legs. When one leg is missing, the stool may stay up but it is not very functional.

Our bodies are like the stool. If we focus on just one or two activities, the other parts of our bodies will not function to their full potential and could become injured or weakened.

BE ADVENTUROUS



Make physical activity an adventure by trying something new. Here are some fun cardiovascular activities to try:

- Rent a Latin dance video and try some new steps
- Join a Square Dance Club
- Try swimming aerobics
- Take a belly dancing class

We all want to be able to get up off the floor or pick up something we drop. If we ignore our flexibility and strength building, simple tasks will become harder to do. We won't be able to bend when we want to or have the strength to pick ourselves up off the floor. When this happens, our independence becomes threatened.

To increase your flexibility, stretch your muscles in the car, at work, in front of the television or when you're waiting for someone. The important thing is to move.

Here are some stretches to get you started.

- When sitting, do head rolls and shoulder shrugs to stretch your neck muscles.
- Link your hands together and stretch your arms above your head, reaching as high as you can to stretch out your arms, shoulders, and back.
- Stand on your tiptoes to stretch your leg muscles.

Put a note at your desk or computer as a reminder to take a break and stretch, making you more relaxed and productive.

Use an exercise ball or do Yoga, Pilates or Tai Chi to increase your balance and flexibility.

It does not have to take a lot of time to stretch your muscles, but it is an important part of your activity plan.