4 “S”s of an exercise plan

1. SWEAT.
   Walking, jogging, stair climbing or biking are aerobic exercises. They get your heart pumping and your body sweating. These exercises are good for heart health and help to shed pounds.

2. STRENGTHEN
   You don’t have to lift weights to get healthier muscles. Push-ups, using a resistance band, or lifting cans of soup will help tone your muscles. These exercises help build stronger bones, too.

3. STAY STILL.
   Balance is an important way to help prevent falls and make you more coordinated. Try standing on one leg, using an exercise ball, or practicing yoga or tai chi.

4. STRETCH.
   Muscles need to be flexible to help prevent injury or soreness. Stretch gently after each workout as part of your cool-down.

Source: National Institutes of Health