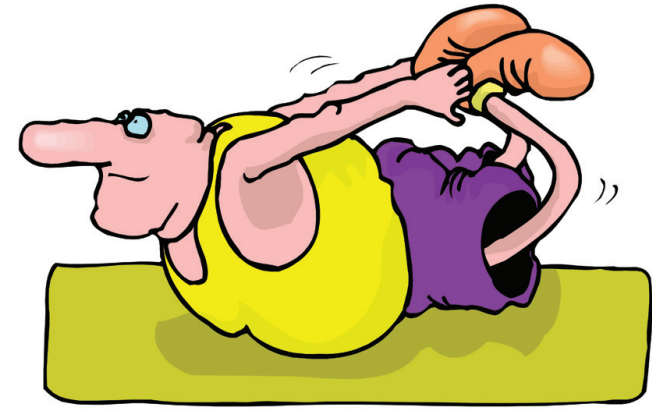


HealthMatters Program

Do FABs!

Flexibility

Being flexible keeps our joints and muscles from becoming stiff. This can decrease pain in our joints. It can also decrease our risk of injury.



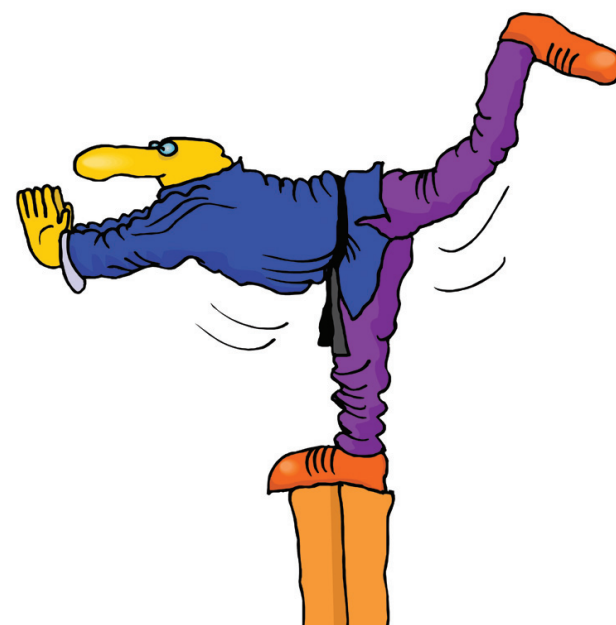
Aerobics

When we do aerobic exercises we keep our whole **body moving fast enough to increase our heart rate** and long enough so that our body has to use more oxygen. The goal of the exercise is to strengthen our cardiovascular system (or our heart, lungs, and blood vessels).



Balance

Balance exercises can help you do the things that you like to do as you age. They can keep us from falling.



Strength

Strength and endurance exercises help our muscles push or carry something, such as, pushing heavy furniture, carrying groceries up the stairs.

