

# Shake up your exercise routine

Routines can be helpful, and they're an important part of creating healthy habits. But sometimes you may feel bored or stuck. The good news? You can easily mix things up to keep them fresh and fun.

Choose from heart-healthy activities (cardio), like jogging or swimming. Or try weight training to work your muscles. And don't forget about flexibility and balance activities, which can help prevent falls as you age.



## Easy ways to make changes

Just mix and match these activities to see what you enjoy.



### Cardio

- Walking or hiking
- Running or jogging
- Biking
- Swimming
- Group classes
- High-intensity interval training (HIIT)



### Resistance training

- Weight training
- Resistance bands
- Pilates/yoga
- Group classes
- Bodyweight exercises



### Social

- Tennis
- Pickleball
- Soccer
- Volleyball
- Softball
- Basketball



### DID YOU KNOW?

Having a routine creates structure and builds healthy habits. It can also help you lower stress, and reach your goals.\*

**To get started, decide what you want to do first.**

Then make a fun, consistent plan, track your progress and reward yourself!

Be sure to check with your doctor before starting any exercise plan. Together, you can decide what works best for you.

\*FOR REACH YOUR GOALS: Barber, Julia. [The power of routine: A path to a healthy lifestyle](#). Fit Flavors. July 18, 2023. Accessed March 27, 2024.

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