When you...

Challenge Your Balance

Build Strength

Be **Active** ...you can enjoy benefits like:



LIVING INDEPENDENTLY



CLIMBING STAIRS







GARDENING OR YARDWORK



PLAYING WITH GRANDCHILDREN



BIKING

People with strong legs and good balance are less likely to fall. Explore new activities:

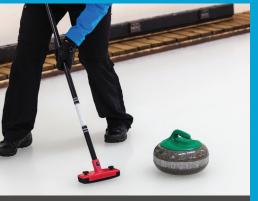


PICKLEBALL

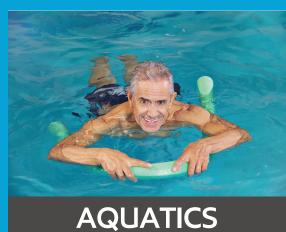


DANCE



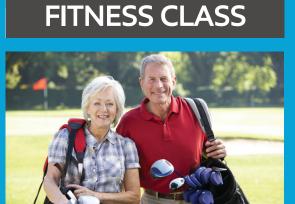


CURL





SNOW SHOE



GOLF



WALK WITH POLES





