

When you...

Challenge Your Balance

Build Strength

Be Active

...you can enjoy benefits like:



LIVING INDEPENDENTLY



CLIMBING STAIRS



FISHING



GARDENING OR YARDWORK



PLAYING WITH GRANDCHILDREN



BIKING

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



PICKLEBALL



DANCE



TAI CHI



FITNESS CLASS



CURL



AQUATICS



GOLF



WALK WITH POLES



SNOW SHOE