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