When you... Challenge Your Balance  Build Strength  Be Active  ...you can enjoy benefits like:

- Climbing Stairs
- Living Independently
- Carrying Groceries
- Yardwork
- Playing with Grandchildren
- Travelling
- Pickle Ball
- Dance
- Tai Chi
- Strength Training
- Curling
- Spin Class

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