

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

Climbing Stairs



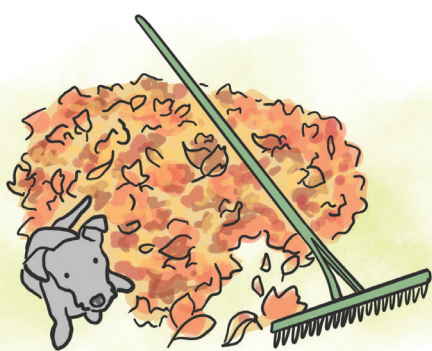
Living Independently



Carrying Groceries



Yardwork



Playing with Grandchildren

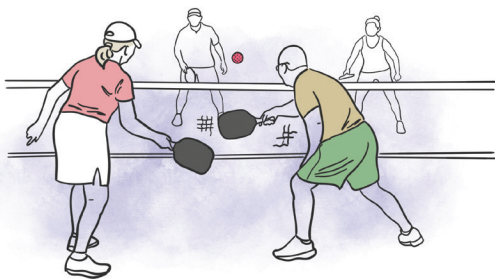


Travelling



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

Pickle Ball



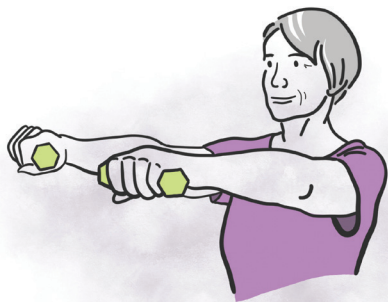
Dance



Tai Chi



Strength Training



Curling



Spin Class

