

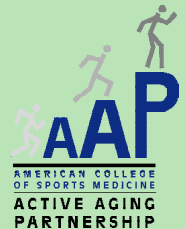
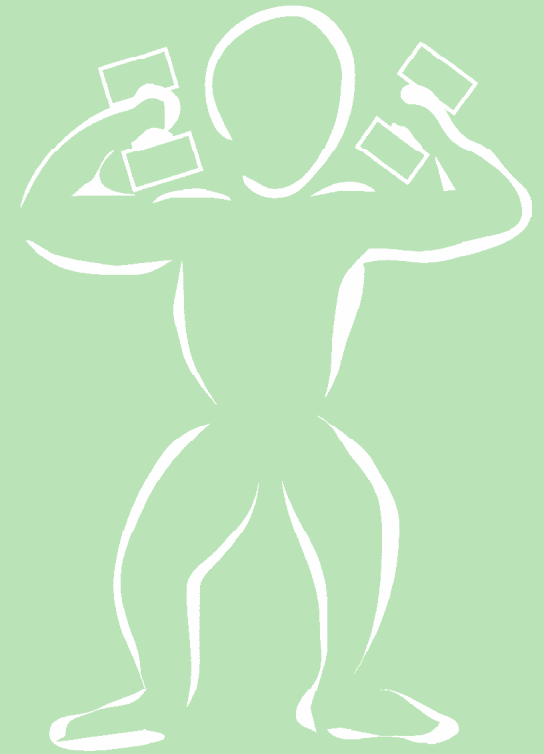
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**AMERICAN COLLEGE
OF SPORTS MEDICINE®**
Tel.: (317) 637-9200 • FAX: (317) 634-7817 • www.acsm.org
Street Address: 401 W. Michigan St. • Indianapolis, IN 46202-3233 USA
Mailing Address: P. O. Box 1440 • Indianapolis, IN 46206-1440 USA

ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Exercising Safely



Exercising Safely

1) Most People Can and Should Exercise

Who should NOT exercise —

- anyone with an unstable medical condition should get their doctor's OK first.
- Injury may require waiting for healing — listen to your body and your doctor.
- If you have cardiac, pulmonary, or metabolic disease you may exercise, but only after seeing your doctor and then starting in a supervised environment

2) Getting Started (two ways)

- start slowly in moderation: endurance exercise: simply walk a little further than you normally do and progress to walking further and faster as the weeks and months pass; strength exercise: lift a weight that you are used to lifting but do it more times than you normally do and gradually progress to lifting the weight 15 times

- start aggressively: with endurance or strength exercise at a vigorous level; see your doctor first and then an exercise professional for screening tests and program advice

3) Listening to Your Body

- you should always be able to catch your breath and speak comfortably while exercising
- you should sense effort, maybe some discomfort, but never pain
- learn to use the Rating of Perceived Exertion Scale (see the NIA Guidelines)
- always remember to warm up (start slowly) and cool down (stop gradually)

4) Who Can Help: Check with an Exercise Professional who...

- can teach you which exercises to do and how intensely to do them
- has a college degree, usually in Exercise Sciences, but maybe in another health field
- is certified by a credible organization (e.g., ACSM, APTA) and may have special training to work with older adults
- Be Careful — the Exercise Industry is Not Well-regulated. Ask Questions.
- Exercise can usually be done with little risk or expense; the biggest risk is not starting!
- Start the program slowly, and when in doubt, ask questions.
- After learning to exercise safely you will wonder why you waited so long to start!