



IT'S NEVER TOO LATE TO **START EXERCISING**

You can think of every excuse not to exercise. “I am over 70.” “I have a chronic condition.” “I should have started working out years ago if I wanted to see the health benefits.” “I might injure myself.” These common excuses are in fact the very reasons you *should* get active.

If you have a hard time staying with a physical activity regimen, the key for you might be to join an exercise group geared toward others who share your age and physical activity interests and abilities. A study recently published in the *American Journal of Public Health* has shown that best-practice community-based physical activity programs can significantly increase older adults’ physical abilities in areas that can prevent debilitating health problems, including fractures! 544 adults with a mean age of 66 years participated in this randomized trial over ten months. Those who took part in the community workout programs showed marked improvement in both upper and lower body strength, as well as increased frequency of overall physical activity.

The biggest challenge is staying committed to the exercise group. One common barrier of continuing with a particular program is the cost. Researchers who conducted this study hope that such community-based programs will start to receive the attention and the financial support necessary to help older adults stay fit and avoid disabilities. After all, an exercise class is much less expensive than health care for a chronic condition — and much less painful and more fun.