

Fitness for older adults: frequently asked questions



You may wish to print this sheet and use it while talking to your healthcare provider and/or physical trainer

General Questions

Notes

I haven't exercised in years, why should I start now?

I have several medical conditions— is exercise safe for me?

Which exercises are easiest on the joints?

How much exercise is enough?

Do I really need to exercise if I am not overweight?

How can I start an exercise program on a limited budget?

Is strength training a good idea for someone my age?

Should I exercise by myself or would it be better to join a class?

What should I do if I start to feel pain during an exercise?

Will increased physical activity help reduce my risk for certain diseases and conditions?

Do I need special clothing and/or equipment?
