



Exercise and Aging: Moving Through the Years with Strength

As we age, our bodies go through natural changes—some of which can make us more prone to pain. We might lose muscle mass and strength, or our joints may feel stiffer. Even how we experience pain can shift, making us more sensitive to aches and injuries.

But here's the good news: regular exercise can be one of the most powerful tools for staying strong, mobile, and pain-free as we get older.

Tips for Exercising Safely as You Age:



- Always warm up before and cool down after.
- Start slow and build up gradually.
- Pay attention to your body—stop if you feel pain.
- Choose low-impact activities like walking, swimming, or biking.
- Be sure to vary your routine by incorporating stretching, strength training and mobility movements for full-body benefits.
- Stay hydrated and fuel your body with healthy foods.

How Exercise Helps:



Builds strength and stability

Stronger muscles and bones help prevent injuries and reduce strain on joints.



Improves balance and coordination

Reducing the risk of falls, a common cause of pain in older adults.



Fights inflammation

Exercise helps lower inflammation, a key source of chronic pain.



Boosts mood

Movement supports mental well-being, which can also improve how we experience pain.



Lowers the risk

Regular exercise helps prevent certain chronic conditions.