




Exercise your age

AGE GROUP

 <p>18 → 35</p> <p>Use this time to build up your muscles and bones. You are at the peak of your physical health.</p>	 <p>36 → 65</p> <p>Maintenance is the key at this age. You begin losing muscle mass, and some wear and tear sets in.</p>	 <p>66 and above</p> <p>Try exercises like taiji to improve balance and agility, as you start being at increased risk of falls.</p>
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WORKOUT GUIDE

<p>150 minutes of moderate exercise a week</p> <p>OR</p> <p>75 minutes of vigorous activity a week</p>	<p>Muscle-strengthening exercises</p> <p>2 days a week</p>
<p>66 and above</p> <p>Older adults with poor mobility should do exercises to enhance balance at least</p>	<p>3 days a week</p>