

It's Never Too Late to Start Exercising



Go4Life



The Importance of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

This fotonovela is part of **Go4Life**, a national campaign from the National Institute on Aging at NIH to help you fit exercise and physical activity into your daily life. To find out more about how **Go4Life** can help you be more active, visit our website at www.nia.nih.gov/Go4Life.



NATIONAL INSTITUTE ON AGING
NATIONAL INSTITUTES OF HEALTH



September 2010

One Sunday morning...

Hello, Teresita, so happy to see you. Where have you been?



Hello, Lucy, well, I've been...

She is so busy now
that I hardly see her.

Are you going to start that
again? Don't you get tired
of complaining about me?



Oh, don't listen to her, Lucy.

I don't know what you're
doing, but you look divine.
Like you're fifteen years old.



Tell me about your life. How are you?

Well, I've had some health problems recently...



Imagine, Comadre! Now we have to diet and live life more calmly.

I have high blood pressure and Pepe's blood sugar is high.

And with more exercise!

No, not that. I am not in any state to exercise. And Pepe, even less so.

But exercise is life. It gives you energy and lifts your spirits. It helps you deal with your health problems.

What are you talking about lifting our spirits, Comadre? We are very discouraged.

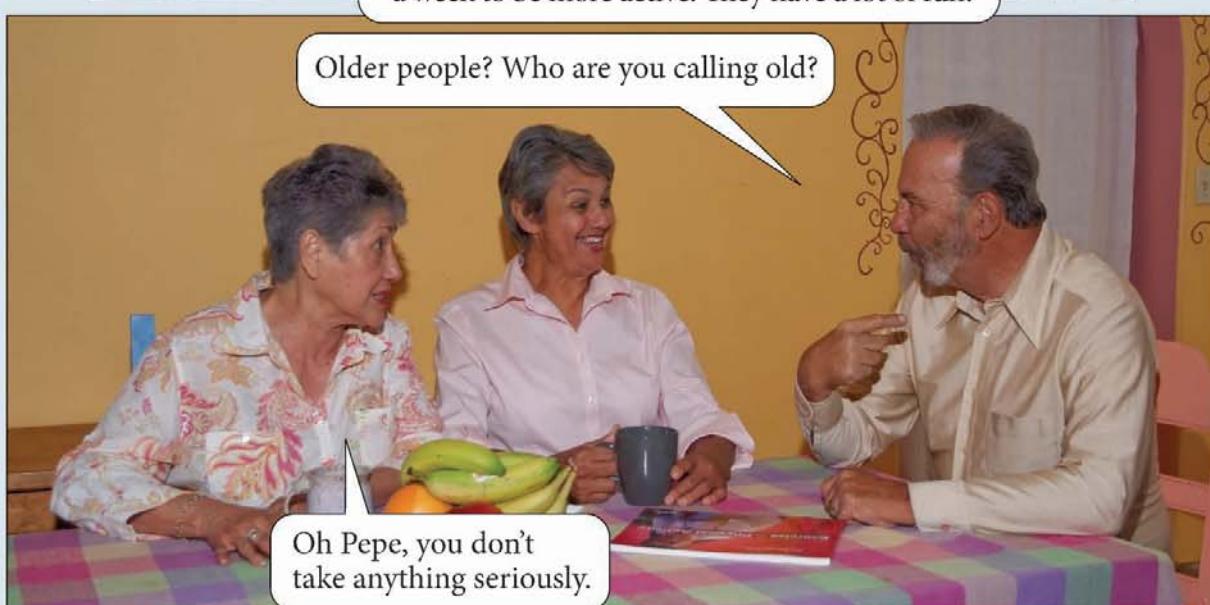
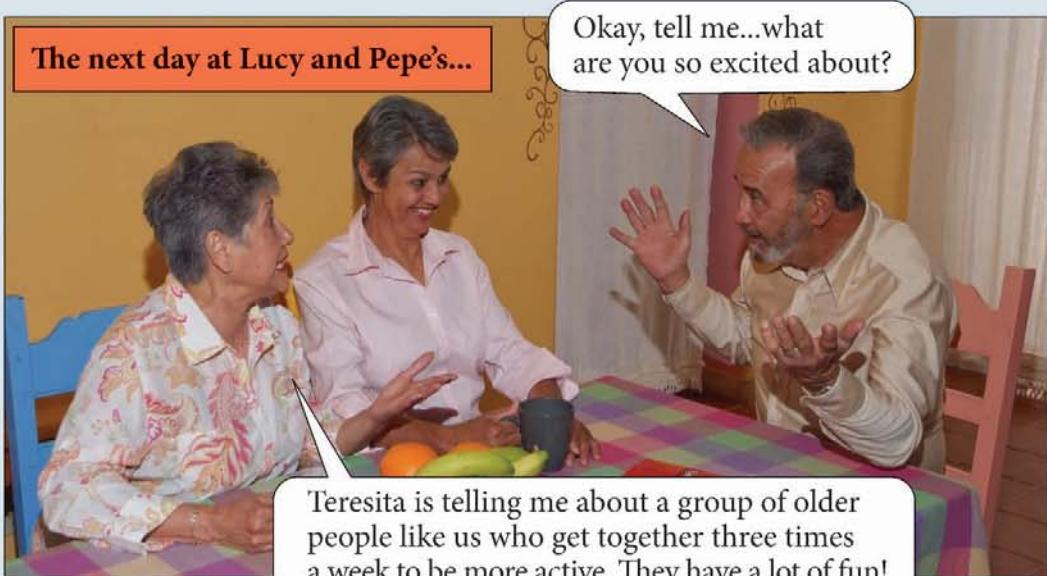
Lucy, tomorrow I'm coming for a visit. I'll tell you all about our exercise group. Let's see if it interests you.



Fine, but I don't think Pepe is going to like it.



You leave Pepe to me.



But let me tell you. At our age,
it is important to be active.



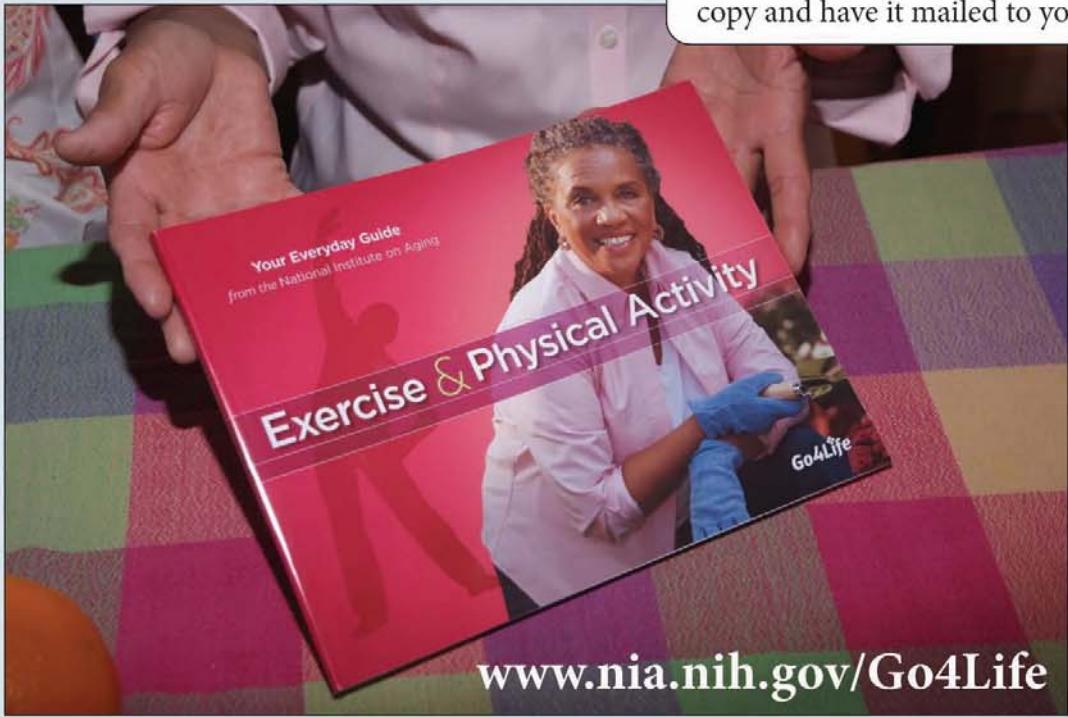
Comadre, since when are you a
doctor? How do you know all this?

We use this guide in our group. Look,
everything is very well explained.

Well, this does look interesting.
How can I get a copy?



You can read the information on
the web or you can order a free
copy and have it mailed to you.



Rosa, Lucy and Pepe's daughter comes for a visit...



Good evening, Teresita. To what do we owe this nice surprise?

This book explains that exercise is very good for our health.

I was telling them to come with me to exercise.



Tell me about it, Teresita...

Well, our group gets together three times a week. We walk in the park. Sometimes we exercise at the community center, or we go to the pool and swim.



Oh, Rosita, you talk just like my daughter. She is furious because now I am a more independent woman.

Oh no! I would die of worry that you could fall or that something would happen to you.



Oh, Teresita, it's not that. We worry about you. We don't want anything to happen to you.

You young people should know that we older people can live our lives well. We can be useful and have energy. Instead of criticizing, you should support us.



In that respect, Teresita is right. You don't even want us to go to the corner by ourselves. We're not dead yet!

Don't even joke about that!
Okay, Dad, let me see the book...

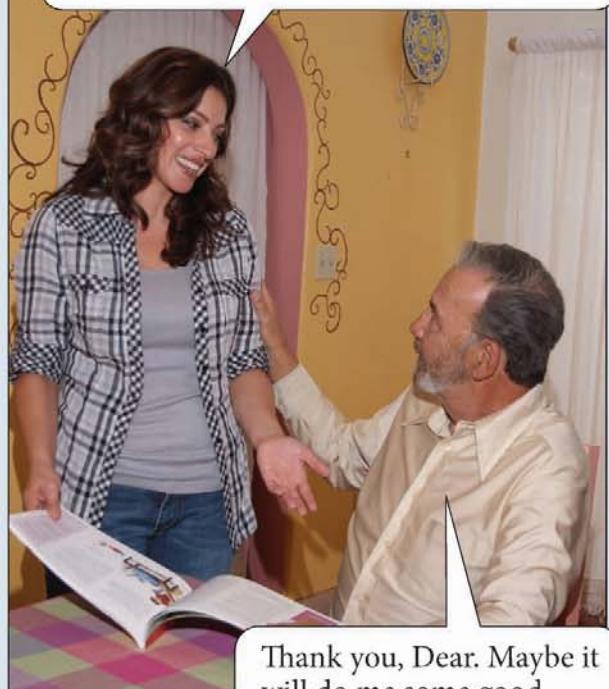


Would you show me how to order it online?



Look what it says here...

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age.



Thank you, Dear. Maybe it will do me some good.



Early in the morning, at the home of Teresita and her daughter, Carmen...

Mom, where are you going so early?

Walking!

But with whom? It is very dangerous for you to be walking alone...

Look, if you love me so much, you should do what Rosa did.

And what was that?

She listened and understood that exercise is important for people of all ages.

Oh and read the exercise and physical activity guide I gave you over a month ago!



It's not just older people who should exercise and watch their diet, you know.

Good morning, Comadre. Do you like my new shoes? They were a gift from Rosa.



Good for you, Rosita. Are you going to come on our walk?

Well, of course. I looked at the website and I am convinced that I need to exercise too!

I hope one day Carmen understands me.

Okay, partners, let's go for a walk!



Months later...

I was afraid that something would happen to my mom if she became more active. I wanted to protect her but I limited her instead. Now I understand how important it is for her to be more physically active.



Physical activity is very important for people of all ages. For more information, visit www.nia.nih.gov/Go4Life.

It's never too late to start!

For everyday fitness ideas, order your own copy of **Exercise and Physical Activity: Your Everyday Guide** from the National Institute on Aging.

You can walk, ride a bike, dance, work in your garden, play with your grandchildren, or do many other fun activities.



There are 3 easy ways to get your free copy:

1. Order it online: www.nia.nih.gov/Go4Life
2. Call toll free 800-222-2225
3. Ask for it by mail:

NIA Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057

The most important thing is
for you to be active every day!



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