



Movement That Counts in Midlife™

Different kinds of movement support your body in different ways. A balanced routine can include more than one.



You do not have to do everything at once. Begin with what feels manageable and build from there.

1

Strength



Why it matters:

Helps preserve muscle, support bones and make everyday tasks easier.

Examples:

Weights • Resistance bands • Body-weight exercises • Carrying

2

Heart & Stamina



Why it matters:

Supports cardiovascular fitness, energy and the ability to keep going.

Examples:

Brisk walking • Cycling • Swimming • Dancing

3

Balance



Why it matters:

Builds steadiness, coordination and confidence during daily movement.

Examples:

Single-leg stands • Heel-to-toe walking • Tai chi • Step practice

4

Mobility



Why it matters:

Helps your joints move comfortably through the ranges you use in everyday life.

Examples:

Gentle joint circles • Controlled stretches • Yoga • Mobility flows

5

Everyday Movement



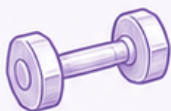
Why it matters:

Breaks up long periods of sitting and adds meaningful activity throughout your day.

Examples:

Stairs • Gardening • Housework • Walking errands • Movement breaks

What Could a Balanced Week Include?



Strength on
2 or more days



Heart-pumping
movement spread
across the week



Balance and mobility
practiced regularly



Everyday movement
whenever you can



Your starting point may look different based on your health, ability and current activity level.



Gentle Reminder



Short sessions count.
Movement can be
divided into smaller
blocks across
your day.

Martine's Midlife Wellness Tip



If you are unsure where to begin,
choose the type of movement
that would make daily life
feel easier.



When to Ask for Guidance

Speak with a healthcare professional
before beginning if you have new
symptoms, significant pain, recent
surgery, frequent falls or concerns
about exercising safely.

