4 types of movement for every health journey

Next time you hear "regular exercise is good for everyone," consider how the following four types of physical activity really are for everyone:

1. **Strength training** – Using resistance bands, weights, or isometric movements to strengthen muscles, ligaments, and tendons helps maintain muscle mass, reduce our risk for osteoporosis, and prevent injury and falls.
2. **Cardiovascular activity** – Low-impact activities such as walking, swimming, and biking are beneficial, even for those who experience a chronic condition such as diabetes or asthma. Cardio workouts help increase blood flow and lung capacity, regulate blood sugar, lower blood pressure, and produce feel-good endorphins.
3. **Yoga and stretching** – Exercises used in yoga and Pilates emphasize balance and flexibility, which help joints, muscles, and resilience to stress. Whether you're standing on one leg in tree pose or bending in a new direction, these controlled movements are proven to help reduce pain from arthritis and fibromyalgia.
4. **Coordination** – If you're playing sports or taking a dance class, you're involving the continuous use of your whole mind and body, which is particularly important as you age; staying active is key to resistence against age-related diseases.

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Under **Employers,** see **Wellness Toolkits.**

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