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For more information, contact Debbie Steed
Health and Wellness Program Assistant
Wildcat Extension District
dsteed@ksu.edu, 620-331-2690

A Path to Healthy Aging

Staying active after 60 is one of the most important steps you can take to maintain your health, independence, and overall quality of life. While aging naturally brings changes in strength, balance, and energy levels, regular physical activity helps slow these effects and keeps both body and mind engaged.

According to the Centers for Disease Control and Prevention (CDC), adults who are 65 and older should aim for 150 minutes of moderate aerobic activity per week, plus muscle-strengthening exercises at least twice a week. Aerobic activity is continuous movement that raises your heart rate and increases your body's oxygen use. As we grow older, muscle mass and bone density tend to decline. Gentle strength training, such as lifting weights, using resistance bands, or performing body-weight exercise, can maintain muscle strength and protect bones.

Beyond physical benefits, staying active supports mental well-being. Regular activity also supports heart health, reduces stress, and even sharpens memory and cognitive function. It also creates opportunities for social interaction, whether through group classes, walking clubs, or community events.

The key is to choose activities that feel enjoyable, safe, and sustainable. Starting slowly and building gradually can prevent injury and make activity a lifelong habit. Consulting a healthcare professional before beginning a new routine is always wise, especially for those managing chronic conditions.

For more information, visit <https://www.cdc.gov> or contact Debbie Steed, Health and Wellness Program Assistant, dsteed@ksu.edu 620-331-2690

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