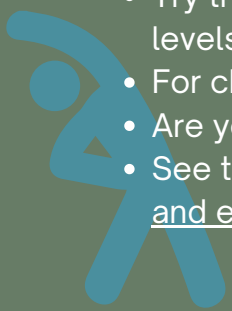
Movement matters.

The CDC recommends healthy adults get 150 minutes of moderate intensity aerobic physical activity or 60 minutes of vigorous intensity aerobic activity per week, and perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week. Physical activity can reduce your risk of chronic diseases, improve your mental health, and promote healthy aging. It's never to early or too late to start!

Get moving with aerobic activity

- Check out these free, local, outdoor trails in Chittenden County: Shelburne Farms, Burlington Greenway Recreation Path, Centennial Woods Natural Area
  - Check the AllTrails website or app for local trail maps and condition reports.
- Take the stairs- or head to high school bleachers for a stair-climbing workout!
- Walking outside in the winter can be a challenge! Do laps of the University Mall or department stores in Taft's Corners, Williston.
- Join a group: Check out AgeWell's MVP Striders program, a South Burlington-based walking group (Jan-March).
- Read about how older adults can get started with exercise.

Improve strength and mobility



- Use household items such as canned goods, books, or filled gallon jugs as weights.
- Try this quick, at-home High Intensity Interval Training workout (intermediate).
- Try these minimal-equipment exercises to support your core and posture (all levels), or find guided exercise videos on Youtube.
- For chair-based exercise videos, check out "Sit and Be Fit" videos on YouTube.
- Are you aged 65+? SilverSneakers training programs may be available to you.
- See the American Academy of Orthopedic Surgeon's guide on starting a strength and exercise training program.

Make movement a habit!

- Challenge a friend to join you and become accountability buddies.
- Play some music for motivation and a mood boost.
- Start gradually- even 10 minutes of activity can make a difference!
- Always work within a pain-free range and consult your doctor if you have questions or concerns about performing activities.