



Strengthen Your Bones and Muscles

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As you age, it's important to protect your bones, joints and muscles so you're able to perform all everyday activities and remain physically active.

Lifting weights is one way to strengthen muscles. Muscle strengthening is important because you lose muscle mass and strength as you age. Slowly increasing the amount of weight and number of repetitions during muscle- strengthening activities will provide even more benefits, no matter your age.

Everyday activities include climbing stairs, grocery shopping or cleaning the house. Being unable to perform everyday activities is called functional limitation. Physically active middle-aged or older adults have a lower risk of functional limitations than people who are inactive.

For older adults, doing a variety of physical activities improves physical function and decreases the risk of falls or injury from a fall.

Older adults need to include aerobic, muscle strengthening and balance activities in their physical activity routines. Such multicomponent physical activity can be done as part of a structured program at home or in a community setting.

Hip fracture is a serious health condition that can result from a fall. Breaking a hip can have life-changing negative effects, especially for older adults. Physically active people have a lower risk of hip fracture than inactive people.

Adapted from: Physical Activity Basics, CDC.gov
