

# Avista

## Why Exercise?



Healthy Heart



Weight Management



Happy Bones



Strong Muscles



Flexible Joints

 A black and white icon of a person falling, crossed out by a red circle with a diagonal slash, indicating a prohibition against falls.	<p>Prevent Falls</p>
 A photograph of a woman in a white shirt and blue pants jumping joyfully in a field of tall grass under a clear blue sky. She is holding several colorful balloons (pink, yellow, orange, and green).	<p>More Energy</p>
 A yellow emoji with a wide, happy smile, showing its teeth, and giving two thumbs up.	<p>Good Mood</p>
 A blue square icon featuring a yellow silhouette of a human head in profile. Inside the head, there are three interlocking gears and a green silhouette of a person running, symbolizing cognitive function and physical activity.	<p>Brain Health</p>
 A photograph of a young child with brown hair sleeping peacefully in a bed with white linens. The child is hugging a large, light-colored stuffed animal.	<p>Sleep well</p>

## How Hard Should I Exercise?

Always link with your local physiotherapist for recommended activity intensity.

### Easy



Able to sing a song

### Moderate



Feeling warm  
Feel heart beating  
Notice your breaths  
Able to chat briefly  
Unable to sing a song

### Hard



Sweating  
Heart beating fast  
Breathing hard  
Unable to chat or sing