

# EXERCISE FOR SINGLES



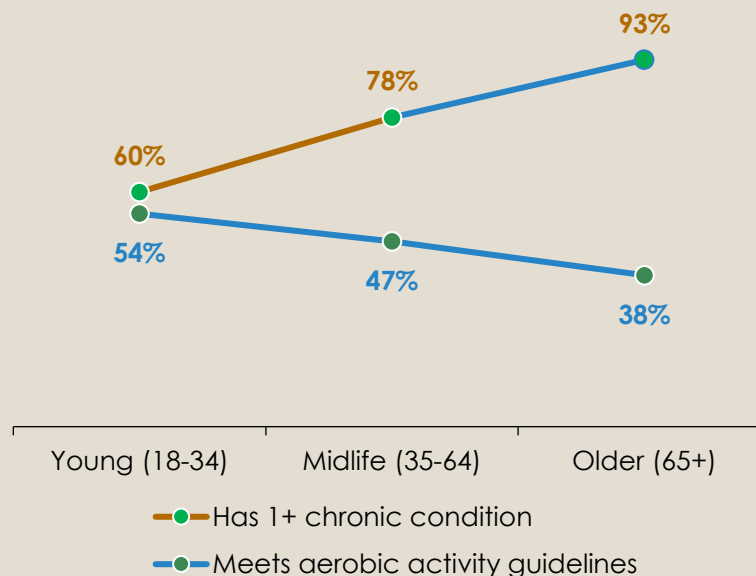
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*Check with your doctor before starting a new exercise routine.*

# Chronic conditions and exercise by age

- **The pattern:** as US adults age, chronic conditions become far more common while regular exercise drops off, the opposite of what the body needs.
- **Chronic conditions climb:** about 6 in 10 young adults, 8 in 10 in midlife, and more than 9 in 10 older adults have at least one chronic condition.
- **Activity declines:** about 54% of young adults meet aerobic activity guidelines, slipping to roughly 47% in midlife and 38% among adults 65+.
- **Why it matters:**
  - Regular activity helps prevent and manage heart disease, diabetes, and high blood pressure.
  - Movement should rise, not fall, with age.

Chronic conditions rise as exercise falls (% of US adults)



# Benefits of exercise

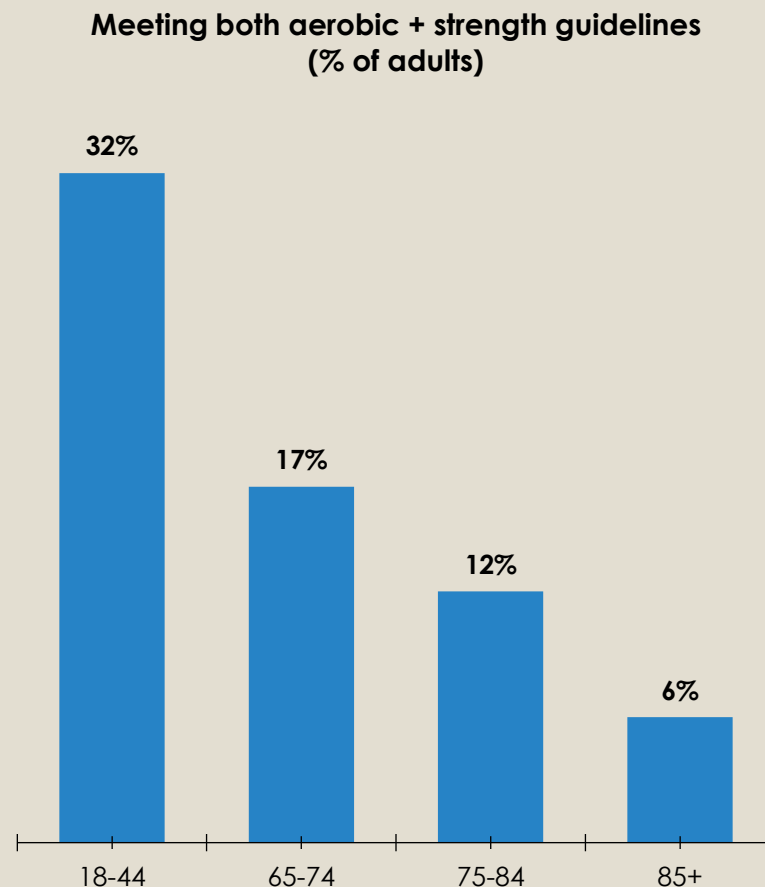
- **Why it matters:**
  - Lowers risk of heart disease, stroke, and type 2 diabetes
  - Eases anxiety and depression, sharpens focus, and improves sleep
  - Strengthens muscles and bones
- **Easy ways to move:**
  - Brisk walking, cycling, swimming, or dancing
  - Strength training, yoga, and active chores like gardening
- **By the numbers:**
  - Active people have a 20-30% lower risk of early death
  - Enough activity could prevent 1 in 8 breast cancer cases and 1 in 12 diabetes cases
  - Exercise eases depression about as effectively as medication or therapy
- **Action steps:**
  - Aim for 150 minutes a week, about 30 minutes on 5 days
  - Add muscle-strengthening on 2 days; start small and build up
  - Pick activities you enjoy to stay consistent

# Health Concerns by Age

- **Key concept:** Health risks shift with age, and regular activity helps prevent and manage them at every stage.
- **Common concerns by stage:**
  - Midlife (35-64): rising blood pressure, heart disease, and type 2 diabetes
  - Older adults (65+): falls, bone loss, muscle loss, and multiple chronic conditions
- **By the numbers:**
  - About 8 in 10 midlife adults and 9 in 10 older adults have at least one chronic condition
  - 1 in 4 adults age 65+ falls each year, the leading cause of injury in older adults
  - Muscle mass drops about 8% per decade after 40, and nearly half of adults over 50 have low bone mass
- **Action steps:**
  - Get 150 minutes a week of moderate activity plus 2 days of strength training
  - Add balance work like heel-to-toe walking to lower fall risk
  - Track blood pressure, blood sugar, and bone density; start gradually and match activity to ability

# Cardio, strength, flexibility, balance

- **Cardio (aerobic):** raises heart and breathing rate to build heart and lung fitness; brisk walking, cycling, swimming. Aim for 150-300 min a week.
- **Strength training:** works muscles against resistance to build strength and bone; weights, bands, bodyweight. Do 2+ days a week, all major muscle groups.
- **Flexibility:** stretching that improves range of motion and eases stiffness; yoga, daily stretches. Include most days as part of warm-up or cool-down.
- **Balance:** activities that improve stability and prevent falls; heel-to-toe walking, standing on one foot, tai chi. Key for adults 65+.



# Weekly exercise by age group



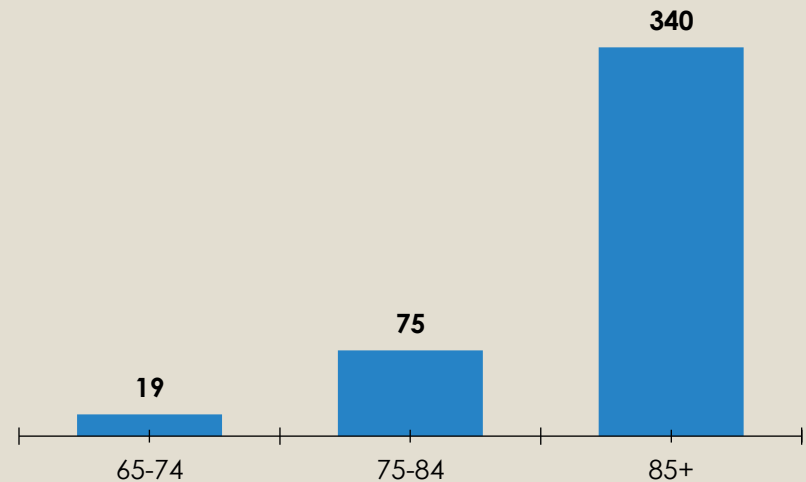
Age group	Aerobic (cardio)	Muscle strengthening	Plus
<b>Children &amp; teens (6–17)</b>	60 min a day, mostly moderate to vigorous	3+ days a week	Bone-strengthening 3+ days a week
<b>Adults (18–64)</b>	150–300 min a week moderate, or 75–150 vigorous	All major muscle groups, 2+ days a week	Move more, sit less
<b>Older adults (65+)</b>	Same as adults, as ability allows	2+ days a week	Balance training 3+ days a week

- **Key concept:** Combine aerobic activity with muscle-strengthening every week; older adults should add balance work.
- **Statistic:** Only about 1 in 4 adults meets both the aerobic and muscle-strengthening guidelines.
- **Action step:** Spread activity across the week, start small, and build up gradually.

# Preventing falls and injuries

- **Falls are common:** about 1 in 4 adults 65+ falls each year, and falls are the leading cause of injury and injury death in this age group.
- **Injuries are frequent:** roughly 37% of falls cause an injury needing care or limiting activity; fractures and head injuries are common.
- **Risk rises sharply with age:** the fall death rate climbs steeply after 75, as the chart shows.
- **Most risk factors are modifiable:** leg weakness, poor balance, vision problems, certain medicines, and home hazards.

Fall-related deaths per 100,000, by age (2023)



Action step	What to do
<b>Stay active</b>	Do balance and strength exercises 2-3 times a week - tai chi, standing on one foot, sit-to-stands.
<b>Review medicines</b>	Ask a doctor or pharmacist to check for drugs that cause dizziness or drowsiness.
<b>Check vision</b>	Get eyes examined yearly, update glasses, and treat cataracts.
<b>Make home safer</b>	Remove throw rugs and clutter, add grab bars and railings, and improve lighting.
<b>Get a fall-risk check</b>	Request a screening (GDS, STEAD) and consider vitamin D if advised.



# MAKE MOVEMENT A DAILY HABIT

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- Aim for 150 minutes a week, plus strength and balance.
- Start small and stay consistent.
- Protect your heart, strength, and independence.

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# About the Document

- The Thriving Solo series was developed from a passion for helping individuals thrive in every stage of life. The author holds a Master of Business Administration (MBA) and has experience in business analysis, project management, technology, operations, and financial planning concepts. Throughout a diverse career and life journey, the author has developed a deep appreciation for the importance of lifelong learning, personal growth, health, financial stewardship, meaningful relationships, and spiritual development. These experiences, combined with extensive independent research and a desire to help others succeed, inspired the creation of the Thriving Solo curriculum and community resources.
- Recognizing that single adults often face unique opportunities and challenges, these resources are designed to help readers build confidence, make informed decisions, strengthen relationships, improve overall well-being, and live with greater purpose.
- The goal of Thriving Solo is not simply to share information, but to inspire growth, wisdom, resilience, and meaningful connections. Through education, discussion, and practical action steps, readers are encouraged to develop a balanced life that supports financial stability, physical health, emotional wellness, intellectual growth, social engagement, and spiritual development.
- The author believes that every stage of life presents opportunities to learn, contribute, and flourish. Whether you are single by choice, circumstance, divorce, widowhood, or simply navigating a new season of life, this material was created to encourage and equip you for the journey ahead.
- For additional resources, workshops, and educational materials, visit the Thriving Solo website and community platform.