

# Building a Great Senior Exercise Program

Find the names of 20 things you might hear in a conversation about a healthy aging fitness routine.



- SCHEDULE
- SHOES
- STRENGTHENING
- STRETCHING
- SWIMMING
- TRAINER
- TREADMILL
- VIDEO
- WALKING
- WEIGHTS
- YOGA

- ADAPTIVE
- AEROBIC
- BALANCE

- CLASSES
- DANCING
- FLEXIBILITY

- GYM
- LAUGHTER
- PARKS

