

February

# Fitness & Exercise

## Four Building Blocks of Fitness As You Age

1

Cardiovascular exercise helps improve endurance and decrease fatigue and shortness of breath.

2

Strength and power training prevents bone mass loss and works to build muscle and balance. These are important to prevent potential falls and further injury.

3

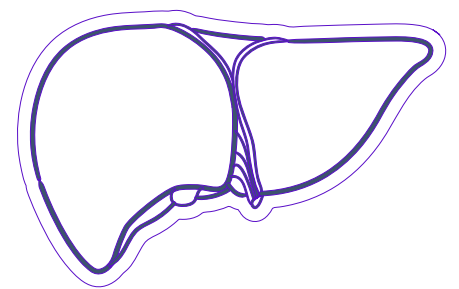
Flexibility increases your range of motion for everyday activities and helps keep your body limber. This will help prevent injuries while performing daily activities.

4

Balance improves posture and walking quality as well as reducing the risk of falling.

### Exercise And Your Liver

Cardiovascular exercise increases the amount of oxygen delivered to the liver which increases liver function.



Patients with chronic liver disease are more prone to fractures due to low levels of vitamin D. Engaging in strength training, flexibility and balance exercises can prevent falls and resultant fractures.



#### Doctor's Tip

Focus on a combination of cardiovascular exercise and strength training.  
-Dr. Pranab Barman, Northwestern University



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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

Poster Updated 1/30/17