

Active after 60: strength and balance

Plan for daily function with supported balance and meaningful strength.

01 / Understand the starting point

Begin with the daily activities you want to do more confidently, such as stairs, carrying shopping or longer walks. Your current ability guides the first dose.

02 / Make the useful distinction

For adults 65 and older, CDC guidance combines aerobic, muscle-strengthening and balance activity. Build toward appropriate guideline levels gradually rather than forcing them into the first week.

03 / Put it into practice

Use stable support for balance practice and choose a safe environment. Strength work should have a route to progression when technique and recovery permit.

04 / Review and adapt

Falls, dizziness, new weakness and significant health limitations need individual advice. A generic plan cannot establish why balance changed.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Two supported strength anchors, short comfortable walks and brief balance practice near a fixed counter. Record confidence with stairs and the level of support used.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Daily task goal	Strength movement	Balance support	Aerobic plan	Function / safety review

Evidence and original clinical reading

<https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.