

# STILL GOING STRONG

A young man in a brown tank top and shorts is running on the left, while an older man in a blue sleeveless shirt and patterned shorts is running on the right. They are both looking forward with determination. The background is a solid, vibrant green.

**Getting older doesn't have to mean giving up your favorite activities.**

Simple steps, like strength and balance exercises, can reduce your risk of a fall so you can keep going the extra mile.



Learn how you can age without injury at [cdc.gov/StillGoingStrong](https://www.cdc.gov/StillGoingStrong)