

# Home-based Exercise Interventions for Adults Aged 65 years and Older

## Social Media Messages and Graphics

**Related Finding:** Home-based Exercise Interventions for Adults Aged 65 years and Older

**Home-based exercise programs improve muscle strength, power, endurance, and balance among adults 65 years and older.**



1200×1200





1200×675 



**CPSTF recommends home-based exercise programs to increase physical fitness among older adults.**



The Community Guide



Community  
Preventive Services  
Task Force

1200×1200





1200×675



1200×627

### X (formerly known as Twitter)

Systematic review in #TheCommunityGuide shows home-based exercise programs improve balance and muscle strength, power, and endurance among adults 65 years and older. <https://www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html>

New! @CPSTF recommends home-based exercise programs to increase physical fitness among older adults. @CDC\_DNPAO #ActivePeople <https://www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html>

### Facebook, Instagram and/or LinkedIn



At home? Keep moving! A new systematic review from the Community Preventive Services Task Force shows home-based exercise programs improve physical fitness among adults 65 years and older. Evidence shows interventions improve older adults' balance and muscle strength, power, and endurance. Participants also report fewer falls and fall-related outcomes. <https://www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html>

Are there home-bound older adults in your community? A new systematic review from the Community Preventive Services Task Force shows home-based exercise programs improve physical fitness among adults 65 years and older. Participants also report improvements in balance and muscle strength, power, and endurance. <https://www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html>