

5 Low-Impact Exercises



Medical disclaimer:
The following information is for educational purposes only, and does not substitute for professional medical advice. The YMCA of Long Island recommends you consult a medical professional or healthcare provider if you're seeking medical advice, diagnoses, or treatment.



STATIONARY CYCLING


Try cycling!
This low-impact
exercise will
increase your
flexibility.



Consult with a healthcare professional before starting any diet, supplement or exercise program.



SWIMMING

A woman is swimming in a pool, captured mid-stroke with her right arm extended upwards, creating a large splash of water. She is wearing a black swim cap and goggles. The background shows the blue water and lane lines of the pool.

Swimming is a
low-impact
exercise that
relieves pressure
on your joints.

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ELLIPTICAL

Using the elliptical machine gives you a low-impact, full-body aerobic workout. Keep moving.

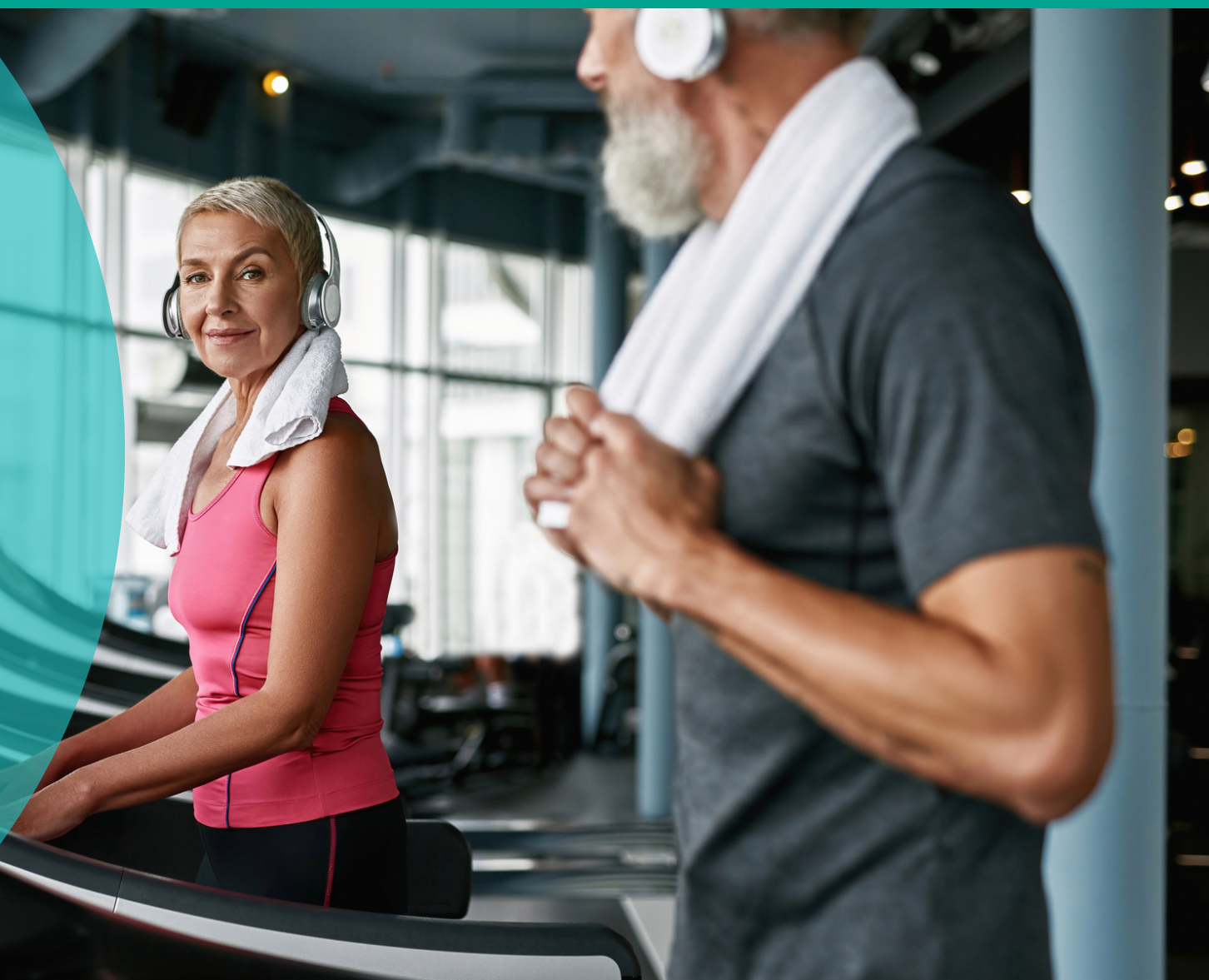


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WALKING

Time to grab your walking buddy and hit the treadmill. Walking helps blood circulation & muscle movement.



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YOGA

Try yoga!
Some yoga
poses are
low-impact
but still get
that heart
pumping!



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