

# Support your knees

Want to stay active for life? Caring for your knees helps you keep doing what you love and stay independent. Add easy, daily exercises to keep your knees strong and safe.



When you stand up, do five squats to strengthen your leg and hip muscles.

Place or wear knee pads while gardening or cleaning to reduce direct pressure on your knees.

Pick a spot in your home to place a mat for doing leg exercises and stretches.