95-year-old shares tricks of safe falling

Marna Berge, a 95-year-old who has been doing exercises every morning, has always been active. Berge, who is known for her sprightly spirit and Ability to move around on her own, has been sharing her tips and tricks with others.

“Every morning, I start my day with a warm-up routine that includes stretching and light exercises. I find it helps me stay active and healthy,” Berge says.

Berge's routine includes:

1. **Warm-up:** Begin with some light stretching exercises that target different muscle groups. This helps to increase circulation and prepare your muscles for the day.
2. **Strength exercises:** Focus on exercises that strengthen your core, arms, and legs. These can include sit-ups, push-ups, and squats.
3. **Cardio exercises:** Including walking, cycling, or swimming, which help to improve your heart health.
4. **Cool down:** End your session with some gentle stretching to help your muscles relax and prevent stiffness.

“By following this routine, I feel more energetic throughout the day,” Berge says. “It’s important to find activities that you enjoy and that fit into your lifestyle.”

The key to staying active is consistency, according to Berge. “It’s all about making exercise a part of your daily routine,” she says. “I try to fit in some form of activity every day, whether it’s a walk, a yoga class, or simply doing some chores around the house.”

Berge’s advice for others:

“Don’t be afraid to try new things, and don’t give up if you don’t see immediate results,” Berge says. “I’ve learned that small changes can lead to big improvements in your health and well-being.”

“With the right mindset and approach, anyone can enjoy the benefits of regular exercise,” she concludes. “So, why not give it a try and start feeling better today?”