Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER



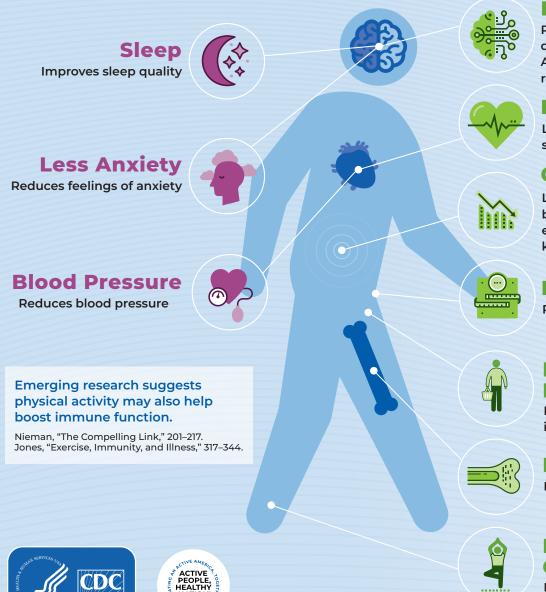
IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

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Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight

Reduces risk of weight gain

Independent Living

Helps people live independently longer

Bone Strength

Improves bone health

Balance and Coordination Reduces risks of falls

Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html