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.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201–217.
Jones, "Exercise, Immunity, and Illness," 317–344.

LONG-TERM

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

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

June 2023

Types of Physical Activity

Tips to Stay Motivated

1. **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.
2. **Do activities you enjoy to make it more fun.** Be creative and try something new!
3. **Make it social.** Find a "exercise buddy" to help keep you going and provide emotional support.
4. **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
5. **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

NIH National Institutes of Health