

Physical Activity

Regular, enjoyable exercise has proven to contribute to a happier, healthier, longer life.

Focus on having fun when exercising!

Why is regular physical activity important for all ages?

- Staying active is important for healthy aging and can lower the risk of diseases and premature death. It's good for mental and physical health, no matter your age or physical limitations. Even slow movements can have positive effects on your overall health. The more active you are, the more health benefits you can get.
- Being active can help you live longer and reduce your risk of serious health issues such as heart disease, type 2 diabetes, obesity, and certain cancers.
- Exercise can help people with long-term illnesses control their symptoms and pain.
- Regular exercise is good for both the mind and body. It helps prevent diseases and promotes healthy aging.
- Regular exercise can lower the risk of eight types of cancer: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach cancer.
- Being active helps prevent weight gain, improves bone health, and reduces the risk of falling.



Source: CDC <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

How can I become more active and stay active?

- Make a list of things you enjoy doing. Doing things you like will help you keep doing them. Exercising because you feel bad or scared may not work well and can worry you if you can't keep it up.
- Do exercises with family and friends.
- Use game-like software that tracks your progress and connects you with others.
- Do dance workouts and exercise challenges at home using TikTok, Facebook, and other fitness programs.
- Seniors can use programs from AARP, Silver Sneakers, and other organizations.



NOTE: Discuss a physical activity plan and receive medical clearance with your doctor before beginning an exercise program.

How much exercise do I need?

- The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes (30 minutes 5 days per week) of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.
- Taking a 30 minute brisk walk 5 days per week is one way to get started. Walking can also reduce stress and anxiety, and improve sleep and memory.
- View the Resources below for more ideas on adding physical activity for better health.

Source: <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>

Resources

- Adding Physical Activity to Your Life:
<https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>
- Making Physical Activity a Part of an Older Adult's Life:
<https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>
- Physical Activity for People with Disability:
<https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html>

Videos

- Exercising at Home – Strength and Cardio:
<https://www.youtube.com/watch?v=eLClKvN9Qag&list=PLwMObYmISHaPIArTOC4JBZfeuU7LN7KVJ>
- Don't feel like getting active? Learn some tips for getting motivated:
<https://www.youtube.com/watch?v=0i1ICNHaxhs>
- Move Your Way – Tips for Busy Days: <https://youtu.be/61p1OIO20wk>
- Physically Active While Teleworking During the COVID-19 Pandemic-1080:
<https://youtu.be/3ZdkV4bIV7M>