

Benefits of Physical Activity for Older Adults

- More energy, strength and flexibility to do everyday activities and stay independent
- Reduced risk of falls and injuries



- Less risk of chronic diseases like diabetes, heart disease, cancer, and high blood pressure
 - Prevention of bone loss resulting in fewer fractures
 - Improvement in cholesterol and blood pressure
 - Maintenance of healthy weight
- Less depression, stress, and anxiety

Be Active Every Day

- Experts recommend that you get at least 30 minutes of moderately-intense physical activity most days of the week. If you have been inactive, be sure to start slowly. Include periods of rest interspersed within your activity until you can more easily perform the activity

continuously for at least 30 minutes. You can divide it into several sessions of 5-10 minutes each in the beginning.

- These are some examples of the types of activities that can be done with moderate intensity:

Brisk walking

Yard work

Bicycling

Vacuuming

Swimming

Sweeping floor

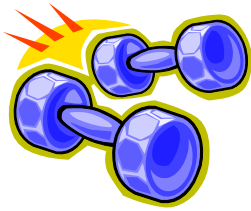
Dancing

- Don't forget to stretch every day. Flexibility and stretching exercises improve flexibility, coordination and balance.



Increase Your Strength - No One is Too Old

Strength training twice a week has been shown to be very beneficial in older adults - even in their 90s.



- Prevents loss of muscle that occurs with age
- Increases strength and improves balance
- Helps prevent falls
- Reduces risk of fractures associated with bone disease

Use light weights or strengthening machines 2-3 times per week. Be sure to get proper instruction from someone with formal exercise training.

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