Ten Benefits of Physical Activity As We Age



1. Better quality of life
2. Better muscle health
3. Better bone health
4. Better physical function
5. More healthy and active years
6. Lower falling risk
7. Lower dementia risk
8. Lower heart disease risk
9. Lower stroke risk
10. Lower type 2 diabetes risk

Reference: Physical Activity Guidelines for Americans, *2nd edition; U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.*

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