



## MOVE MORE

Taking part in more movement every day can help you feel your best. The Physical Activity Guidelines for Americans are based on the latest scientific evidence that shows that physical activity has many health benefits independent of other healthy behaviors. New evidence shows that physical activity has **immediate health benefits**. For example, physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

### The Recommended Amount of Physical Activity for Adults 65+

150 minutes (about 2.5 hours) or more of moderate-intensity aerobic activity or a minimum of 75 minutes or more per week of vigorous activity.

Include the following each week:

- Muscle-strengthening physical activity at least two days per week involving all the major muscle groups.
- Multi-component activities that include more than one type of physical activity (aerobic/muscle strengthening/balance training). Examples: dancing, yoga, tai chi, gardening and sports.

Moderate-intensity Activity: A rule of thumb is that you can talk but likely cannot sing.  
Vigorous-intensity Activity: It should be difficult to say more than a few words.

Tip: When adults with chronic conditions or disabilities are not able to meet the above key guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

Meeting these recommendations consistently over time can lead to long term health benefits. **Physical activity helps prevent 8 types of cancer** (kidney, bladder, colon, breast, endometrium, esophagus, stomach, and lung). It also reduces the risk of dementia (including Alzheimer's disease), all-cause mortality, heart disease, stroke, high blood pressure, type 2 diabetes, and depression. Other benefits include improving bone health, physical function, and quality of life. For older adults, **physical activity also lowers the risk of falls and injuries from falls**. For all groups, physical activity helps people maintain a healthy weight. New evidence shows that **physical activity can help manage more health conditions** as well. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.

References: <https://eatright.org/fitness/physical-activity>

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