

# KNOW THE BENEFITS OF EXERCISE & PHYSICAL ACTIVITY

**Exercise and physical activity benefit every area of your life. Staying active can help you:**



Keep and improve your strength so you can stay as independent as possible.

Have more energy to do what you want and reduce fatigue.

Improve your balance, lower the risk of falls, and lessen injuries from falls.

Manage and prevent diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and some types of cancer, including breast and colon cancer.

Perk up your mood and reduce feelings of depression.

Sleep better at night.

Reduce levels of stress and anxiety.

Lose weight or reduce weight gain when combined with reduced calorie intake.

Control your blood pressure.

Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity.