Keep Moving for Healthy Aging

Benefits of Regular Physical Activity

- Maintains strength and mobility
- Lowers the risk of chronic diseases
- Improves balance and coordination
- Boosts mood and cognitive function

Recommended Types of Exercise

Aerobic Strength Balance

Tips for Staying Active

- Start slowly and build up gradually
- Include activities you enjoy
- Find an exercise buddy
- Make movement part of your daily routine

How Much Exercise?

- At least 150 minutes of moderate-intensity aerobic activity per wek
- Plus, muscle-strengthening and balance exercises on 2 or more days per wek

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