

# 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 week
- Plus, muscle-strengthening and balance exercises on 2 or more days per week