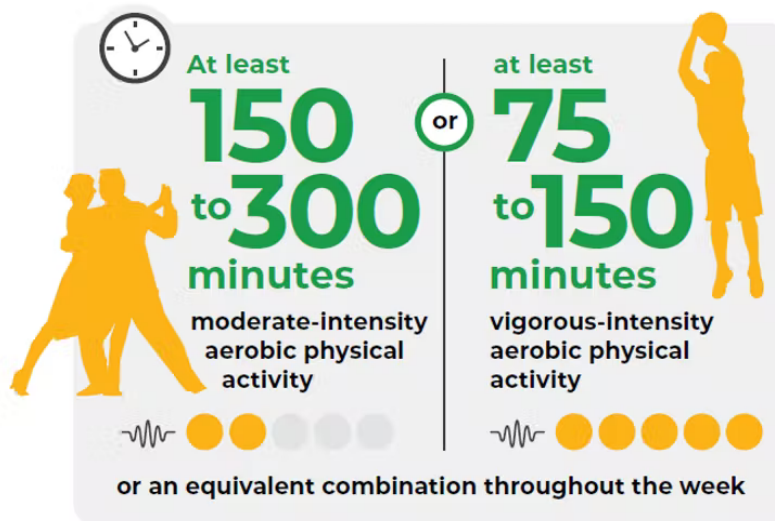


# Physical Activity



## Overview

- Physical activity is defined as any movement of the body that requires energy expenditure. Regular exercise is essential to maintaining a healthy lifestyle! Exercise is a great way to improve one's health, physical functioning and overall well-being throughout the lifespan.
  - Current CDC guidelines:



## Impact on Health

- Short term benefits include improved:
  - Sleep quality
  - Mood
  - Cognitive function
  - Reduce stress
- Long term benefits include improved:
  - Heart health
  - Balance + coordination
  - Strength + endurance
  - Symptoms of anxiety & depression
  - Life expectancy

## Tips To Stick With It

- Pick an enjoyable activity
- Incorporate music, podcasts, or an audiobook
- Bring a friend along
- Commit to a time frame
- Remember your “why”

## Physical Activity Ideas

- Walking (Neighborhood, parks, malls)
- Swimming/ water aerobics
- Yoga
- Tai Chi
- Cycling
- Ballroom Dancing
- Anything that involves movement!

## Resources

- National Institute on Aging [Youtube Channel](#)
  - Video playlists include Stretching, Strength, and Balance Exercises for Older Adults
- Local Community Center, YMCA, or Senior Center for group exercise classes
- [Physical Activity Log](#)

