

Benefits of Exercise

The World Health Organization recommends older adults aim for:
150 minutes a week of moderate activity (i.e. walking, gardening, dancing) -OR-
75 minutes a week of vigorous activity (i.e. running, fast cycling, fast swimming)

Benefits of Regular Exercise Include:

Boost Mood & **E**motional Well-Being



Extend Strength & Endurance



Enhance Balance & Prevent Falls

Reduce Risk of:

Heart Disease, High Blood Pressure, Stroke, Colon Cancer, Breast Cancer, & Diabetes

Improve **C**ognition



Positive **I**nfluence on Bones



Maintain **S**ocialization



Enjoy Living More Independently

April 4th is National Walking Day



Meet a friend or family member for a walk to observe National Walking Day.

Make it a theme for the month by going for a walk once a week!