

Why is regular physical activity important for all ages?

Staying active is important for healthy aging and can lower the risk of diseases and premature death. Even slow movements can have positive effects on your overall health. The more active you are, the more health benefits you'll enjoy. Here are a few more reasons to get moving!

- Exercise can help you live longer and reduce your risk of serious health issues such as heart disease, diabetes, obesity and certain cancers.
- Exercise can help control symptoms and pain caused by long-term illnesses.
- Exercise is good for both the mind and body, no matter your age or physical limitations.
- Exercise helps prevent weight gain, improve bone loss and reduce the risk of falling.

How can I become more active?

Use the following tips to incorporate physical activity into your daily routine. Be sure to discuss your plan with your doctor before getting started.

- Make a list of physical activities you enjoy. This will help you create healthy habits you will be likely to maintain.
- Exercise with family and friends.
- Use fitness apps that track your progress and connect you with others.
- Complete dance workouts and exercise challenges at home using TikTok, Facebook and other fitness programs.
- Seniors can take advantage of programs from AARP, Silver Sneakers and more.

Sources: [Centers for Disease Control and Prevention, Health.gov](https://www.cdc.gov)



How much exercise do I need?

Guidelines recommend that adults get at least 150 minutes (30 minutes 5 days per week) of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity activity, or an equivalent combination each week.

Learn more and get started:

- [Adding physical activity to your life](#)
- [Physical activity as an older adult](#)
- [Physical activity for people with disability](#)
- [Exercising at home](#)
- [Don't feel like getting active? Get motivated](#)
- [Move your way - tips for busy days](#)
- [Physical activity while teleworking](#)

