



## Health Benefits of Physical Activity

**MOVE YOUR WAY**

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least **2 days a week**

**AND**

\*If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

**Walk. Run. Dance. Play. What's your move?**


- Adults should move more and sit less throughout the day.
- Some physical activity is better than none.
- Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- Adults should do at least 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes a week of vigorous-intensity aerobic physical activity.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.






## Health Benefits of Physical Activity for Adults

### IMMEDIATE




A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

### LONG-TERM



Regular physical activity provides important health benefits for chronic disease prevention.



**Sleep**  
Improves sleep quality

**Less Anxiety**  
Reduces feelings of anxiety

**Blood Pressure**  
Reduces blood pressure

**Brain Health**  
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

**Heart Health**  
Lowers risk of heart disease, stroke, and type 2 diabetes



**Cancer Prevention**  
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

**Healthy Weight**  
Reduces risk of weight gain

**Bone Strength**  
Improves bone health

**Balance and Coordination**  
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.  
Nieman, "The Compelling Link," 201-217.  
 Jones, "Exercise, Immunity, and Illness," 317-344.

Source: Physical Activity Guidelines for Americans, 2nd edition  
 To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

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Additional source: Physical Activity Guidelines for Americans 2nd edition

***“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint”. Isaiah 40:31***

