

# Benefits of Exercise

REFERENCES



THE KEY TO HEALTHY AGING:  
EXERCISE IS MEDICINE

ONLY 26.1% OF OLDER ADULTS MEET THE STANDARD EXERCISE REQUIREMENTS NATIONWIDE.

EXERCISE IS A CRITICAL COMPONENT OF HEALTHY AGING WITH PHYSICAL AND MENTAL BENEFITS:

- LOWER RISK OF DYING FROM CARDIOVASCULAR ISSUES
- INCREASE COGNITIVE CONTROL
- SUPPORT QUALITY OF LIFE
- REDUCE FALLS

AROUND 90% OF OLDER ADULTS HAVE REPORTED EXPERIENCING A TRAUMATIC EVENT. EXERCISE HAS BEEN SHOWN TO REDUCE SYMPTOMS THAT OCCUR AFTER EXPERIENCING TRAUMA.

EXERCISE MAY HELP SLOW DOWN THE AGING PROCESS.

EXERCISE TIPS FOR OLDER ADULTS:

1. AT LEAST 2.5 HOURS PER WEEK
2. IT IS BEST TO DO BOTH AEROBIC AND MUSCLE-BUILDING EXERCISE
3. BE PATIENT WITH YOUR PROGRESS (START SLOWLY AND BUILD UP)
4. DOING SOMETHING IS BETTER THAN DOING NOTHING!

