

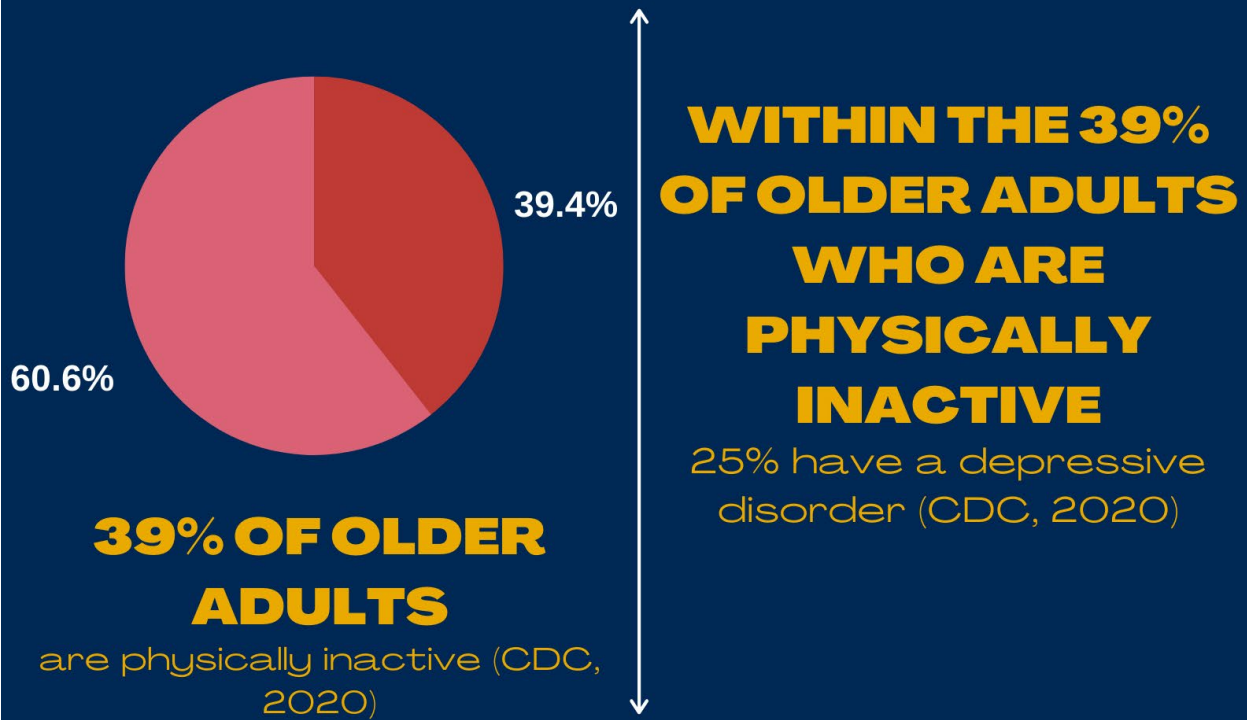
GET MOVING

By: Mouhammad Sissoko



SCAN ME

PHYSICAL ACTIVITY CAN DECREASE DEPRESSIVE SYMPTOMS IN OLDER ADULTS (HU ET AL., 2020)



PHYSICAL BENEFITS OF SPORTS

- Weight management
- Diabetes control
- A healthier heart



SOCIAL BENEFITS OF SPORTS

- It builds self-confidence.
- It develops bonds with other people.



MENTAL BENEFITS OF SPORTS

- Improves mood
- Improves concentration
- Reduces stress



START ENGAGING IN SPORTS

- Set fitness goals
- Create exercise plans
- Follow a healthy meal plan
- Create incentives

 **AGE-ADAR SCHOLARS PROGRAM**