

PHYSICAL ACTIVITY IS GOOD FOR YOU

PHYSICAL ACTIVITY HELPS PROLONG GOOD HEALTH AND INDEPENDENCE

FOR ADULTS, 18-64 YEARS OF AGE

Physical activity reduces the risk of over 25 chronic conditions, including coronary heart disease, stroke, hypertension, breast cancer, colon cancer, Type 2 diabetes and osteoporosis.

Regular physical activity and higher levels of fitness means daily tasks are accomplished with greater ease and comfort and with less fatigue.

Research shows that as much as half the functional decline between the ages of 30 and 70 is due not to aging but to an inactive way of life.

FOR ADULTS 65 AND OLDER

Weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity maintains strength and flexibility, balance and coordination, and can help reduce the risk of falls.

Public Health Agency of Canada

