

Time to Get Moving

Getting more physical exercise reduces the risk of developing coronary heart disease, stroke, and having a second heart attack in people who have already had one. It lowers the risk of developing type-2 diabetes and high blood pressure, helps reduce blood pressure in people who already have hypertension, lowers total cholesterol and triglycerides, and increases HDL or “good” cholesterol. More physical exercise is a major benefit that helps just about everyone:

- **Older adults**-it can reduce the risk of falling and fracturing bones and can improve the ability to live independently
- **Parents and children**-parents can help their children by encouraging physical activity. Planning outings and events can encourage the entire family to be active.
- **Teenagers**-regular physical activity improves strength, builds lean muscle, and decreases body fat. Activity builds stronger bones.
- **People trying to manage their weight**-regular physical activity burns calories while preserving lean muscles. It is a key component of any weight loss or weight management effort.
- **People with high blood pressure**-regular physical activity helps lower blood pressure.
- **People with physical disabilities, including arthritis**-it helps people with chronic, disabling conditions improve their stamina and muscle strength. It also can improve psychological well-being and quality of life by increasing the ability to perform the activities of daily living.
- **Everyone under stress, including persons experiencing anxiety or depression**-it improves one’s mood, helps relieve depression, and increases feelings of well-being.

Source: Centers for Disease Control and Prevention