



Exercise and Physical Activity

Why is exercise important?

Regular exercise can help older adults stay independent and prevent many health problems that come with age.¹ But, studies show physical activity goes down with age in people over 65.² Being active is one of the most important things you can do for your health.

Exercise may help you³:

- Lower your chance of getting some diseases or disabilities, like heart disease and diabetes
- Keep your bones strong and build strength to help you stay independent
- Reduce the chances of falling and improve your balance
- Improve your mood and help reduce depression
- Boost your energy levels so you can do the things you want to do

Did you know?

23.2%

of adults meet both the aerobic and muscle-strengthening Physical Activity Guidelines.⁴

<5%

of adults exercise for 30 minutes a day.⁵

82.1M

Americans are not active.⁶



Talk to your doctor today about the benefits of exercise.



Lifestyle tips for staying active



Move your body

Move around at least 30 minutes a day. This could include walking, swimming, dancing, gardening or cleaning.



Set goals

Write down a personal fitness goal and keep it in a place that you will see it often.



Get up

Try not to stay seated for long periods of time.



Take care of yourself

When exercising, remember to warm up and cool down, and drink plenty of water. Also, be sure to wear the right kind of shoes that fit you properly.



Find a buddy

A walking or fitness buddy can help you stay on track.

¹“Exercise Programs That Promote Senior Fitness.” National Council on Aging, 2019.

²“Older Americans 2016: Key Indicators of Well-Being.” Federal Interagency Forum on Aging-Related Statistics, 2016.

³“Physical Activity Guidelines for Americans.” U.S. Department of Health and Human Services, 2018.

⁴“Exercise or Physical Activity.” Centers for Disease Control and Prevention, 2018.

⁵“Facts & Statistics: Physical Activity.” U.S. Department of Health and Human Services, 2018.

⁶“2019 Physical Activity Council’s Overview Report on U.S. Participation.” Physical Activity Council, 2019.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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