

EXERCISE AND AGING

Staying physically active is one of the most important ways to support healthy aging – and it's never too late to start. Regular movement can quickly improve mood, sleep, and blood pressure, while long-term activity lowers the risk of heart disease, diabetes, some cancers, and other chronic conditions.

Older adults benefit from aerobic, strength, and balance exercises, and everyday activities like walking or household chores all count. Staying active helps maintain strength and independence, protects bones and muscles, and reduces the risk of falls. Exercise also supports mental and emotional health by easing stress, improving focus, and encouraging social connection.

Active aging means feeling stronger, staying independent, and enjoying a better quality of life.

*Source: National Institute on Aging:
"Health Benefits of Exercise and Physical Activity"*