Health Benefits of Physical Activity for Adults

**IMMEDIATE**
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- **Sleep**
  Improves sleep quality

- **Less Anxiety**
  Reduces feelings of anxiety

- **Blood Pressure**
  Reduces blood pressure

**LONG-TERM**
Regular physical activity provides important health benefits for chronic disease prevention.

- **Brain Health**
  Reduces risks of developing dementia (including Alzheimer’s disease) and reduces risk of depression

- **Heart Health**
  Lowers risk of heart disease, stroke, and type 2 diabetes

- **Cancer Prevention**
  Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

- **Healthy Weight**
  Reduces risk of weight gain

- **Bone Strength**
  Improves bone health

- **Balance and Coordination**
  Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html

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