

Health Benefits of Physical Activity for Adults



IMMEDIATE

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

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep

Improves sleep quality



Less Anxiety

Reduces feelings of anxiety



Blood Pressure

Reduces blood pressure



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

Nieman, "The Compelling Link," 201–217.
Jones, "Exercise, Immunity, and Illness," 317–344.

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

