

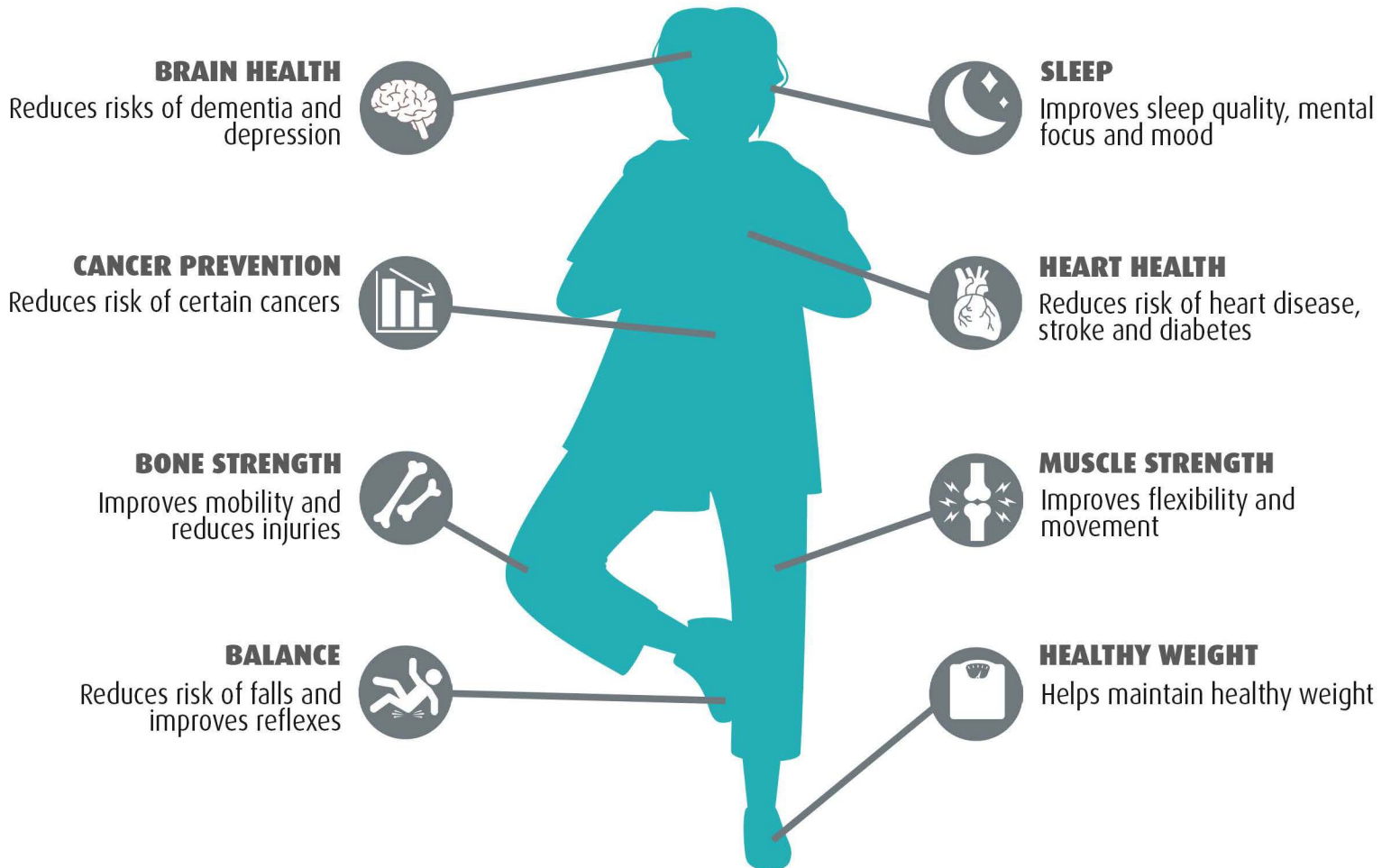
HEALTH BENEFITS OF PHYSICAL ACTIVITY FOR

OLDER ADULTS

(65+ Years Old)

MOVE FOR WELLNESS!

Older adults should get **150 minutes** per week of moderate-intensity activity,
at least **2 days** a week of strengthening muscles and balance activities.



Try one of these weekly schedules!



EXAMPLE 1

150 minutes/week

Moderate-intensity activity
(brisk walking)

AND



EXAMPLE 2

75 minutes/week

Vigorous-intensity activity
(jogging or running)

AND



2 days/week

Muscle-strengthening activities
(Sit to stand from chair, climb stairs or
play with grandchildren)

PLUS

Balance activities
(walking heel-to-toe or
standing on one leg)



EXAMPLE 3

Equal Mix of Moderate/Vigorous

AND