Staying Active
and the importance of regular exercise

Regular exercise can help older adults stay independent and prevent many health problems that come with age.\(^1\) However, studies show physical activity decreases with age in people age 65 and over.\(^2\)

Benefits

**REDUCED**
- Risk of disease
- Risk of falls
- Stress\(^5\)

**INCREASED**
- Energy\(^5\)
- Mood\(^5\)
- Balance

**QUICK FACTS**

- \(\frac{1}{3}\) One in three adults get the recommended amount of physical activity each week\(^2\)
- \(<5\%\) Less than 5% of adults participate in 30 minutes of physical activity each day\(^3\)
- **80M** 80.2 million Americans are physically inactive\(^4\)
Weekly recommendations for adults age 65 and over

Always check with your doctor before beginning a new exercise routine.

MUSCLE-STRENGTHENING
2 or more days per week of activities that work all major muscle groups

AEROBIC
2½ hours per week of moderate-intensity activities

Ideas for incorporating more physical activity into your life

- Commit to exercising at least 3 times a week
- Consider joining an organized sports team
- Find ways to sneak in short bursts of movement throughout each day

Lifting weights
Resistance bands
Body weight exercise
Heavy gardening
Yoga
Walking fast
Water exercises
Bike riding
Lawn mowing


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.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

IR_150910_203739