EVERYONE BENEFITS FROM EXERCISE

People of all ages and physical conditions benefit from exercise and physical activity.

The National Institutes of Health (NIH) reports that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent:

- **Strength**
- **Balance**
- **Flexibility**
- **Endurance**

Benefits of Exercise:

**Decreased**
- Low back pain
- Arthritis pain
- Resting blood pressure

**Increased/ Improved**
- Bone mineral density
- Glucose metabolism
- Blood lipid levels

It's never too late to start exercising. Even if you have had an inactive lifestyle, it's never too late to improve your health.

It's never too late to build muscle. Muscle mass can increase at any age in response to exercise.

Advantages to exercise:

- Physical activity can improve balance and reduce the risk of falling.

- Exercise improves your sleep.

- Exercise boosts mood and self-confidence.

- **Exercise is good for the brain.** It benefits regular brain functions and can help keep the brain active, which can prevent memory loss, cognitive decline, and dementia.

This information is used with permission of Dr. June Kloubec from a presentation given at Aljoya Mercer Island Community, April 9, 2014. Dr. Kloubec PhD is professor in the Department of Nutrition and Exercise Science, Bastyr University