Exercise is good for you no matter how old you are. It reduces your risk of getting many diseases, such as cancer, heart disease, and diabetes. It also reduces stress, helps you sleep better, and improves mental health. Here are some tips for incorporating exercise into your lifestyle at any age.

**KIDS**
- Playing tag
- Playing on the playground
- Shooting hoops

**Exercise Time Needed:**
- At least 1 hour a day

**TEENS**
- Team sports at school
- Riding bikes with friends
- Walking the dog

**Exercise Time Needed:**
- At least 1 hour a day

**ADULTS**
- Group sports such as racquetball or tennis
- Joining the gym
- Yoga
- Weight training

**Exercise Time Needed:**
- At least 30 minutes a day, 5 days a week

**SENIORS**
- Maintaining balance
- Water aerobics
- Stretching
- Light weights

**Exercise Time Needed:**
- At least 30 minutes a day, 5 days a week