Staying Active at Every Age

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.
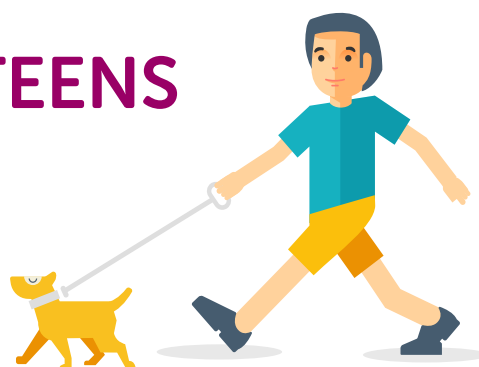
KIDS

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