Physical Activity – What are the benefits?

Being active is one of the best things you can do for your health at any age, but even more so as we get older; it’s never too late to start! Let’s find out why.

* Keeping active helps to keep your muscles and bones strong, and lowers your chances of having a fall. By staying active and healthy, it is easier to stay living independently in your own home for longer. Physical activity might seem tiring at first, but over time it helps you to feel more energetic.
* Being active is also one of the best ways to help manage stress, anxiety and depression. It also helps you to concentrate and improves your memory and learning.
* Getting out and being active is a great way to catch up with friends and family. Playing with grandchildren or going for a walk with your friends feels great, and it’s good for your health!

There are long-term benefits to being active as well. Staying fit can help reduce your risk of heart attack, stroke, high blood pressure and Type 2 diabetes. If you already have any of these conditions, being active can help you manage them and stay well.

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