

# Do it for better health

# PHYSICAL ACTIVITY!

## Benefits of Physical Activity for Older Adults

### Physical health

Feel stronger and more energetic.  
Prevent and manage many health problems that may come with age.  
Maintain and improve brain health and a healthy weight.



### Mental health

Improve the amount and quality of your sleep.  
Manage stress and improve your mental health.  
Improve your feeling of wellbeing.

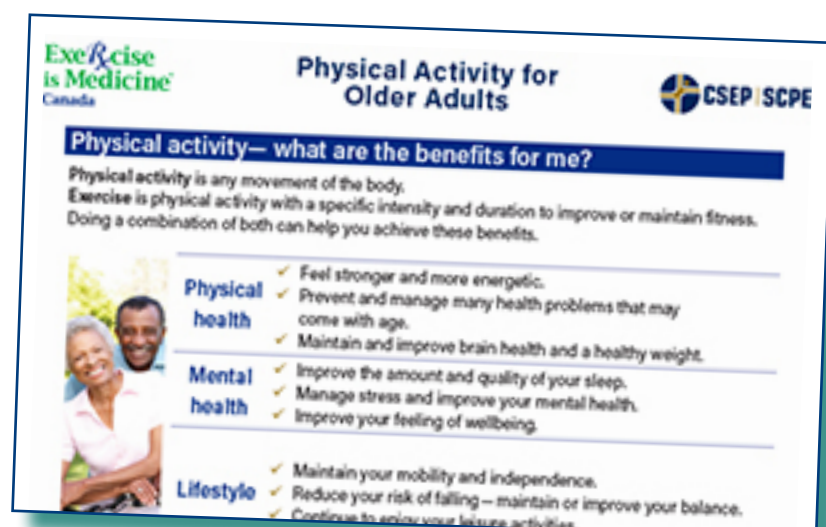


### Lifestyle

Maintain your mobility and independence.  
Reduce your risk of falling — maintain or improve your balance.  
Continue to enjoy your leisure activities.



Physical Activity for Older Adults resource available on Active Aging Canada website



Learn more:

<https://www.activeagingcanada.ca/>