Health Benefits of Physical Activity for Adults

IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201–217.
Jones, "Exercise, Immunity, and Illness," 317–344.

CDC

CREATING AN ACTIVE AMERICA, TOGETHER
ACTIVE PEOPLE, HEALTHY NATION

Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html

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