

Exercise and Physical Activity

Facts and tips that may increase your overall health.

Why is exercise important?

Regular exercise can help older adults stay independent and prevent many health problems that come with age.¹ However, studies show physical activity decreases with age in people over 65.² Being active is one of the most important things you can do for your overall health. Many seniors enjoy exercise, even those who have heart disease, diabetes or arthritis.



Did you know?

- ✓ Only 1 in 3 adults get the recommended amount of exercise each week.²
- ✓ Less than 5% of adults do 30 minutes of exercise each day.³
- ✓ 80.2 million Americans are physically inactive.⁴

Exercise may help you⁵:

- ✓ Prevent, improve or delay some diseases or disabilities, like heart disease and diabetes
- ✓ Keep your bones strong and build strength to help you stay independent
- ✓ Maintain balance to reduce your risk of falling

- ✓ Improve your mood and keep your mind active to help reduce depression
- ✓ Boost your energy levels so you can do the things you want to do

**LET'S
TALK.**

Talk to your doctor today
about the benefits of exercise.

Renew
by UnitedHealthcare®

More on back



My Exercise and Activity Action Plan

Small steps can make a big difference.

Working out can sound like just that — work. But exercise doesn't have to be hard. In fact, simply incorporating more walking into your routine may improve your mental and physical health and lower the risk of many diseases, including heart disease, stroke and Type 2 diabetes.

What can you do?



Move your body

Move your body at least 30 minutes each day. This could include walking, swimming, dancing, gardening or cleaning.



Get up

Avoid sitting for long periods of time.



Find a buddy

Find a walking or fitness buddy to encourage accountability.



Establish goals

Write down a personal fitness goal and keep it somewhere so you'll see it often.

Remember to:

- ✓ Warm up
- ✓ Cool down
- ✓ Drink plenty of water
- ✓ Wear the right kind of shoes that fit you properly

**LET'S
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Talk to your doctor today about safe physical activities that may be right for you.

¹ National Council on Aging, 2015. ² Federal Interagency Forum on Aging-Related Statistics, 2012.

³ U.S. Department of Agriculture, 2010. ⁴ Physical Activity Council, 2014. ⁵ US Department of Health and Human Services. National Institute on Aging. Exercise and physical activity: getting fit for life. 2015.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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