

# PHYSICAL ACTIVITY



1

60% of adults are not active enough.

2

Being active helps to keep muscles and bones strong, prevent diseases, and stay independent.

3

Too much inactivity (sitting time) makes your muscles and bones weak, reduces your flexibility, and increases your risk for diseases.

4

The Physical Activity Guidelines for Americans recommend to do at least 150 minutes of activity + 2 days of strength training per week.

5

**Physical Activity for Lifelong Success (PALS)** and **Stand Up and Move More** are proven programs designed for those 55+ to increase activity and improve health.



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