Physical Fitness

It doesn’t have to be hard to be helpful!

Types of Fitness:
1. Performance-related
2. Health-Related

Benefits
- Lower Risk of:
  - Early death
  - Heart disease
  - Stroke
  - High BP
  - Type 2 Diabetes
  - Breast/colon Cancer
  - Falls

Recommendations
- 150 min. Moderate-intensity aerobic physical activity/week (at least 10 min. bouts)
- Strengthening Activities two or three days/week (resistance)
- Flexibility exercises two or three days/week to improve Range of Motion

Younger:
- Improve Bone Health
- Improve Cardio/Muscular Fitness
- Decrease Body Fat
- Reduce Symptoms of Depression