

EVE's Healthy Bite

Positive Ageing



10 Benefits of Physical Activity As You Age

1. Add Years to Your Life
2. Improve the Quality of Your Life
3. Maintain Healthy Weight
4. Manage Stress
5. Improve the Quality of Your Sleep
6. Reduce Your Risk of Falls
7. Maintain Healthy Bones, Muscles and Joints
8. Improve Your Balance and Co-ordination
9. Continue to Live Independently
10. Feel Great

Guidelines: At least 30 mins per day of moderate intensity exercise, 5 days a week or 150 mins per week. Focus on aerobic activity, muscle strengthening and balance

For more information visit:

<http://www.getirelandactive.ie/>

Older-Adults/what-do-I-need-to-do-/ Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive