

Exercise: the best prescription for aging

Age is not an excuse to avoid regular physical activity. In fact, being active has many benefits that can help you as you get older. Let's see what exercise can do for you:

- Prevent or delay diseases, like heart disease, stroke and diabetes.
- Strengthens bones.
- Promotes digestive health and helps keep you regular. Also helps with weight loss.
- Improves mood and reduces symptoms of depression.
- Slows mental decline (dementia).
- Helps maintain independence.
- Get better sleep.
- Manage disorders like arthritis, high blood pressure and others.
- Improves flexibility and reduces falls.
- Reduces mortality.