



Physical Activity



What to Know

Physical activity helps you stabilize your mood, function better throughout the day, and sleep better at night. People who stay active typically live longer lives and are at less risk for health issues such as heart disease, type 2 diabetes, and some cancers.

Why It Matters

Only about half of adults get the physical activity they need daily to help reduce and prevent chronic health conditions such as:

- 1 in 8 cases of breast cancer
- 1 in 8 cases of colorectal cancer
- 1 in 12 cases of diabetes
- 1 in 15 cases of heart disease

Stay Active to Save Money

Not getting enough physical activity leads to \$192 billion in annual health care costs.

Simple Physical Activity Ideas to Try at Home or Nearby

- Engage in active family play time. Any game that gets everyone up and moving is great.
- Catch up on household chores such as cleaning out the closet, or vacuuming.
- Go for a walk or bike ride outside
- Do crunches, push-ups or jumping jacks during commercials when you are watching TV.

Any movement helps, whether it's chores or family playtime, so try out different activities!

Benefits for Children

- ✓ Reduces risk of depression
- ✓ Improves aerobic fitness
- ✓ Improves muscular fitness
- ✓ Improves bone health
- ✓ Improves attention

Benefits for Adults

- ✓ Lowers risk for high blood pressure
- ✓ Lowers risk of stroke
- ✓ Improves aerobic fitness
- ✓ Improves mental health
- ✓ Improves cognitive function
- ✓ Reduces arthritic symptoms
- ✓ Prevents weight gain

Benefits for Healthy Aging

- ✓ Improves sleep
- ✓ Reduces risk of falling
- ✓ Improves balance
- ✓ Improves joint mobility
- ✓ Extends years of active life
- ✓ Helps prevent weak bones and muscle loss
- ✓ Delays onset of cognitive decline

Visit accesshma.com to log in to your member portal or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

Content sourced from the CDC: <https://www.cdc.gov/physicalactivity/index.html>

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