

THE COUNTLESS BENEFITS OF PHYSICAL ACTIVITY



Harvard Health Publishing
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life



15
MINUTES

of moderate-intensity physical activity a day will increase life span by **3** years.



Active men and women stood to gain **2-5** more years of life, depending on how often and how intensely they exercised.

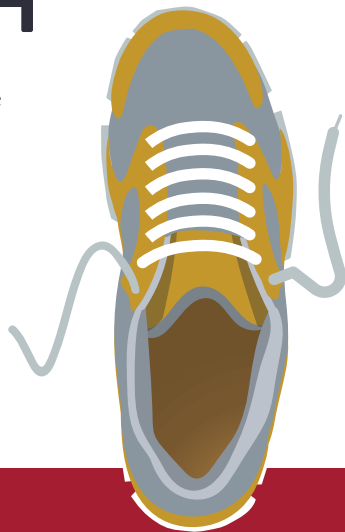
30-40
MINUTES

of jogging **5** days a week leads to a cellular age, based on telomeres, that's **9** years younger than that of sedentary adults.

PHYSICAL HEALTH

Those who walked have lower rates of heart disease by **27%**.

A study in *JAMA Internal Medicine* found that adults who were physically active 1-2 times per week were:



41% less likely to die of heart disease.

30% less likely to die of any cause.

18% less likely to die from cancer.

GENERAL HEALTH

Adults who sat six or more hours per day when not working were **19%** more likely to die during the study than those who logged less than three hours of chair time.

Exercise is the only known way for a healthy adult to boost deep sleep.



COGNITIVE HEALTH AND MENTAL WELL-BEING

Researchers found people who exercised more than three times a week were

34%

less likely to be diagnosed with **dementia** than those who were less active.

Researchers found that inactive adults were

44%

more likely to experience **depression**.

Runners

7 HOURS ADDED TO YOUR LIFE EVERY 1 HOUR SPENT RUNNING

3 YEARS LONGER LIFE THAN THE AVERAGE NON-RUNNER

40 PERCENT LOWER RISK OF PREMATURE DEATH